

A witness' story

"The important thing is not what is made of us, but what we ourselves make of what has been made of us."

I strongly believe in these words of a contemporary philosopher, Jean-Paul Sartre, because they made me understand that we are free to act in the present now, here, to shape our own future. No one but ourselves is the author of our next action and it is up to us to turn possibility into reality. Every second of our lives presents us with an infinite number of possible choices.

So here I am today, bringing my little brick to the building, here I am for having made the choice to break away from slavery, from coercive control. I claim a simple choice but which in reality is my right: to be me! If, at the beginning, it is a private and individual battle, it very quickly becomes a universal fight, connected to all the victims who fight relentlessly.

HOW TO FREE ONESELF OF COERSION

The world of living in a state of continued immaturity is over! That's the problem! Because up until then I had never for a second considered that others or the community to which I belonged could have a much darker and crueller map of the world than I was led to believe; I discovered this during the pandemic because I had time on my hands and perhaps boredom caused me to stumble upon information that made me think and wake up. A tower is collapsing. So, we simply have to learn to distinguish between the real Care Bears and the Care Bears disguised to lure us, because the manipulators excel in the art of disguise. Finally, after I had understood that I was a victim of cult undue influence, I asked myself the question "Why did I take so long to open my eyes"? It's not that simple. When you're under a spell, you lack energy and to get out of it you need a lot of energy. Among other things, you have to arm yourself to face your fears, the fear of the people around you and the fear of solitude. So yes, it can take time. I have decided to look at the future and all that I have left to live for. I finally picked up the bits of my life and found the courage to prepare my departure. For me the main thing was not to arouse suspicion and not to show my card to the opponent. Covid allowed me to do that, so I wrote a letter telling them clearly that I didn't want to belong to their organisation anymore and that my decision was irrevocable. As a result, I had to face the fear of loneliness and learn to live with ostracism on a daily basis because in the movement social control is their key to imprisonment. They make you their prisoner by threatening and intimidating you from seeing your loved ones, family, and friends forever. When you come out of the movement you know that, so I had to take my choice by relying on people around me, talking to them about the situation, not isolating myself from colleagues and neighbours and psychological care because we need someone solid who will not sink into fear with us. I am aware that the fear of loneliness is a fear instilled in us by manipulators so that you don't even think of running away. I decided then to make this solitude a strength because it is an important step to help us get out of this relationship of control, it is an opportunity to recover mental space, but one should not confuse solitude and isolation because the latter is more harmful, so I signed up for group activities, walking etc. Before undertaking great things for myself and my future, it is crucial after leaving a cult to recover energy, this is the beginning of freedom, so resourcefulness yes! I drew up a list of activities of all that I would like to do and that was forbidden or robbed in my schedule. I needed to sleep a lot because I am a weary child. There comes a time after all this that you ask yourself a lot of questions about yourself, I would say it doesn't matter what these questions are, because they are a tool to regularly do an internal weather forecast of yourself. To get out of the grip and rebuild yourself, you have to reconnect with yourself, the path is like a long journey and so I give myself time to heal.

First step: Be who you are, take care of your values. Reconstructing my backbone is the recovery of my identity. In order to claim my values, I had to make a choice of identification and understand the notion of values and not that of instilled values; I took the time to read books, to follow programmes and to make my own reflections.

2) I listened to my needs. When you are in a cult you put your needs on hold. If I listen to myself, I am not selfish, I am symbolically allowing myself to no longer ignore my needs through empowerment that has been given to me by myself, it is this power that is liberating, I am the one who decides now.

3) I give colour to my dreams. It is high time to reclaim my dreams, the woman in me and the person I would have liked to be. Every dream that I aborted because of a manipulative speech must be fulfilled because decision was made on my behalf, anyway now everything is allowed. I lie down my guilt. I have had software installed in me since birth and the feelings of guilt, fear, catastrophe, and death are the main ones included. It's quite paralyzing because it only takes the slightest event to trigger these fears again, they have to be deprogrammed, and one of the things to do is to make a note of all the limiting beliefs you have about yourself and others, on this same list I can also put down all my guilt and ask myself about it; I have to set fire to it with the firm intention of regaining self-control over my life. If anger is an essential step, accepting what we have experienced is just as important, forgiving set's us free from the impact of what we have experienced.

In conclusion, life is getting back to normal, it was not easy, I had to go through a whole series of griefs; when I left the cult, I felt a powerful force exiting my body, I can't explain it, the freedom I feel is that nothing and nobody can stop me, life is more beautiful, less tiring, each day is a discovery like an infinite journey. Everything starts with us and it's up to me to play now.