

# Gaslighting is used to confuse people

The term "gaslighting" comes from the the movie 'Gaslight', in which a man manipulates his wife into thinking she is losing her mind. Gaslighting is a slow form of brainwashing that makes a victim question their reality.

Our examples and analysis; gaslighting characteristics from <https://www.psychologytoday.com/us/blog/understanding-narcissism/201709/are-you-being-gaslighted-the-narcissist-in-your-life> and <https://www.psychologytoday.com/us/blog/here-there-and-everywhere/201701/11-red-flags-gaslighting-in-relationship>

Characteristics of gaslighting	Example from, or expression in, trans
They try to persuade you to doubt the evidence of your senses and what you are thinking and feeling.	If you do not believe that it was really a woman, not a man, who won that swimming or running or cycling race, and if you feel that something is amiss, then you are transphobic, a bigot, and/or hateful.
They tell blatant lies.	Parents are told that their children will commit suicide if they do not get their gender dysphoria treated medically: 'It is better to have a living son than a dead daughter' is often thrown at parents.
They use what is near and dear to you as ammunition.	Parents are threatened with the loss of the love of their child if they do not affirm their child's identity and start down the road of transition.
They try to convince you that what you believe is wrong, and what they believe is right.	That people can change sex based on an internal feeling is presented as an article of faith. If you disagree, you are transphobic, a bigot, and/or in need of 'education'.
They react badly if you do not accept their version of the truth.	If a person is 'misgendered' it is treated as actual, physical violence, and can be accompanied by a meltdown. Parents are cut off or shunned by children who do not feel affirmed.
They are extremely persistent and sometimes keep the argument going long after you have asked them to please drop the issue. They wear you down over time.	Trans identities often become an all-encompassing topic of conversation and central to interactions with others; little-to-no space is given to other subjects or interests.
They know confusion weakens people.	Queer theory, which gender ideology is based on, is full of meaningless terms and phrases, e.g., "the ethico-political consequences of refusing the onto-epistemic category 'cisgender'."
They attempt to bully you into admitting that they are 100 per cent right, and you are completely wrong.	People are 'no-platformed' and 'cancelled' if they present an opposing viewpoint. Gender ideologues use slurs and smears to propagate hate speech against already oppressed and marginalised women, feminists, and lesbians.
The facts are always twisted so that they are the victim, and you are always at fault.	Arguments asking for fairness in sport, single-sex spaces for women, or a slow-down in the medicalisation of children are misrepresented as attacks on trans-identified people.
They try to align people against you.	Pro-trans lobby groups such as ACON (Australia) and Stonewall (UK) have effected institutional capture through their advocacy programs such as 'Pride in Diversity' and the official-sounding Australian Workplace Equality Index (AWEI). The AWEI is determined by a private lobby group (ACON) that companies pay to deliver 'training' so they can win index 'points' in a competitive process run by the lobby group. The Australian mainstream media, universities, financial institutions, police forces, and others have been captured by this ideology.
They tell you or others that you are crazy.	They identify people with gender critical views and isolate those people, allowing others to 'gang up' on them, sometimes succeeding in getting those who resist or even simply question gender ideology disciplined, 're-educated,' or sacked from their jobs.
They twist and turn the truth and make such long and complicated arguments to prove their points that, after a while, you become thoroughly confused.	"[G]ender is also the discursive/cultural means by which 'sexed nature' or 'a natural sex' is produced and established as 'prediscursive,' prior to culture, a politically neutral surface on which culture acts" — Judith Butler

# Fact is distorted or denied to confuse people

Gender ideology takes facts and truths and then distorts or denies them to sow confusion. Most people will not contradict someone who makes such statements because

- **The statements are manifestly false, unsupportable, or just plain preposterous.** People either choose not to engage with such absurdities and so write them off, or they experience a form of cognitive dislocation because such farcical ideas are so unexpected that they do not know how to respond.
- **Much of gender ideology deals with personal and private body-related matters.** People feel uncomfortable discussing subjects relating to sex, sexuality, and body parts, and so change the topic of conversation.
- **People, especially women, are afraid of being labelled 'transphobic' or 'TERFs' (trans-exclusionary radical feminists).** Women have lost their jobs and been targeted for hate, threatened with violence, 'no-platformed' and 'cancelled' for identifying the impacts that gender ideology has on females' safety. JK Rowling is the most famous of these.
- **Most people just want to be inclusive and tolerant.** Women in particular are socialised into being accepting and making sure people feel happy and comfortable; to not immediately and unconditionally 'affirm' a person's gender identity goes against the grain for most women.
- **We have a collective cultural guilt about how homo- and bi-sexual people were treated in the past.** Trans is presented as 'the new gay', even though trans does not describe sexual attraction to others but rather an internal feeling of one's innate, 'gender identity'.

These are some of the confusing -- and often incoherent and contradictory -- claims made by proponents of gender ideology. Many of the propositions below have become or are becoming incorporated unreflectively into everyday speech and idiom, particularly in workplaces, schools, and institutions.

- Sex is not real.
- Sex is a spectrum, not a binary based on sexual dimorphism.
- Sex is 'assigned', rather than observed, at birth based on 'genital stereotypes'.
- Sex and gender are interchangeable.
- Gender is real and identifies our 'true' self.
- Gender is not real and cannot be used to label our 'true' self.
- Some people are 'born in the wrong body.'
- Men can be women.
- Women can be men.
- Men can be lesbians.
- Women can have penises.
- Men can breast-feed (aka 'chest-feeding').
- Men can have periods.
- Not everyone who menstruates is a woman, and not every woman menstruates.
- There are people who 'identify with the gender they were assigned at birth'. These are 'cis' people and they have 'cis privilege.'
- There is no same-sex attraction, but there is same-gender attraction.
- Lesbians who do not want to sleep with males are 'transphobic' and need 'educating'. 'The cotton ceiling' refers to the underpants of lesbians, which don't come off for men.
- 'People', not women, give birth and 'people', not women, have uteruses
- Men can be asked on hospital forms if they are pregnant.

# Falsehoods become articles of faith and are used to shut down thought and debate

Falsehoods take on the status of articles of faith. To question any of these faith statements is to invite accusations of 'transphobia', bigotry, hatred, denial of trans people's existence, and/or wanting all trans people to die. No clear evidence is marshalled, or arguments forwarded, to support these articles of faith.

Falsehood or article of faith	Effect
Children who don't transition are at high risk of killing themselves.	Children are put on puberty blockers and cross-sex hormones, and have unnecessary amputations and surgeries, thus becoming life-long medical and pharmaceutical patients.
Inclusion is more important than fairness.	Males gain access to female-only protections and prizes in sport, jobs, awards, grants, endowments, scholarships,
If a boy likes fairy princesses, he is a girl; If a girl likes Tonka trucks, she is a boy.	Children are pushed into social stereotypes and are started on the road to transition. Children become confused about biology, science, and reality.
Autogynephelia is a made-up diagnosis.	Denial of some men's sexual sexual fetishes suppresses research, investigation, and debate into a paraphelia that has severe implications for the safety and safeguarding of women and girls.
'Misgendering' and 'deadnaming' is actual violence and a human rights violation.	Accidental slips are met with hatred and abuse; people become afraid of speaking.
Transgenderism exists in many cultures, throughout history, it's only that now people are starting to 'come out' about it.	Cultural nuances in understandings of and expressions of femininity and masculinity and how they relate to sex are misrepresented in a new form of Western cultural imperialism, hegemony, and racism.
Few people detransition, and detransition is rare, and is often the result of environmental factors rather than regret.	Detransitioners' lived experience and stories are concealed, erased and purged; they are treated as heretics and shunned from a community that once embraced them wholeheartedly.
Ill-intentioned males do not use gender identity as a cloak to prey on women and girls in female-only spaces.	Safeguarding for women and girls is removed. Males can -- and do -- self-identify into changerooms, toilets, prisons, domestic violence shelters, hospital wards, and rape crisis centres.
Children are capable of making decisions about their future fertility and sexuality, as they 'just know' what sex they are 'meant' to be.	Children can be left infertile, sterile, mutilated, and/or sexually non-functional or impotent because of medical interventions that practitioners approve based solely on the feelings of adolescents.
Sex is assigned at birth.	People are led to believe that sex is not a dimporphic characteristic of human beings, and from this that sex is not real, or may be changed.
Transgender and non-binary people are literally 'unsafe' with people who question gender ideology.	Fear is fostered both in the trans person and in those who seek to question gender ideology. Family and friends are shunned, and people are afraid to speak.
Cis people have cis privilege.	An impossible division ('cis' and 'trans') of sex is created, and sex, by its binary nature, cannot support sub-categories; this also creates victim status for 'trans', where victim identity is used to offset privilege.
Some people are born or trapped in the wrong body.	Reality is denied and people can become dissociated from their bodies by believing they have the wrong brain in the wrong body.

# Gender ideology has the characteristics of a cult

Stephen Hassan's BITE model of cults: Behaviour, Information, Thought, Emotion control

Our own stuff, plus stuff from <https://ourduty.group/information/is-it-a-cult/>. Direct quotes are taken from trans-identified people's statements gathered by The State Media at <https://www.youtube.com/watch?v=QMuwZHxHXIk>

Behaviour control in cults	Example from, or expression in, trans
Control your environment, who you associate with.	Social media influencers dedicate themselves solely to encouraging transgenderism and attracting young people. Speakers, authors, academics are no-platformed, cancelled, censored, or banned, e.g., JK Rowling, Julie Bindel, Meghan Murphy, Kathleen Stock, and anyone who does not unquestioningly 'affirm'.
Dependence and obedience – living only by 'the doctrine.'	Transitioners 'prove' they are trans by sharing details about taking puberty blockers and hormones, and their plans for surgery.
Restrict or control sexuality.	Lesbians are called 'bigots' or 'vagina fetishists' or 'genital fetishists' for not wanting to have sex with trans-identified males; gender ideology as a form of conversion therapy for homosexual and bisexual youth. If you don't agree to, or do not want to take part in, someone's sexual fixations, you are 'kink shaming'.
Sleep deprivation.	Young people become addicted to the internet, online groups, chats.
The cult self is dominant and acts as if the prior self has been erased from history. The believer 'pretends' that their previous self never existed.	<p>Identity documents are changed, the past erased or re-arranged so that it is not mentioned, and people are told not to 'deadname' someone.</p> <ul style="list-style-type: none"><li>• "I was deeply judgemental and homophobic and transphobic and then I actually did the work of self-discovery and became a different person."</li><li>• "I could really fully listen to myself and i think for so long I didn't even have a concept of what I was feeling."</li><li>• "I'm a better person today than Bruce ever was. More understanding, more giving, bigger heart, more comfortable with yourself, happier than Bruce ever was."</li></ul>

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Information control in cults	Example from, or expression in, trans
Deliberately withhold and distort information.	Science and reality are ignored and entirely lied about. <ul style="list-style-type: none"> <li>"Several studies have shown that transgender brains are both structurally and functionally more similar to their experienced gender identity than their biological sex."</li> <li>"It's not a choice, it's who they are inside and science can back that up."</li> </ul>
Forbid you from speaking with 'ex-members' and critics.	Detransitioners are shunned and hated upon and their experiences discounted or erased. <ul style="list-style-type: none"> <li>"Detransitioning is something that is widely avoided because of how much detransitioning and people who detransition are weaponised against the trans community and used as a way to invalidate trans people. ... Most people who detransition have been found to do so because of a hostile environment."</li> </ul>
Discourage access to non-cult sources of information.	Scientific, medical, psychological, and health research and evidence about the impacts of 'gender-affirming treatment' is dismissed as transphobic or irrelevant. <ul style="list-style-type: none"> <li>"One, are puberty blockers safe? And second, does it matter?"</li> </ul>
Divide information into Insider vs. Outsider doctrine.	Outsiders are encouraged to be 'allies' to trans and non-binary people, with a focus on inclusion and anti-bullying; insiders are indoctrinated into identifying 'enemies' ('TERFs' and, sometimes, parents) and how to convince healthcare professionals that you are 'really trans'.
Generate and use propaganda extensively.	Slogans, tropes, and slurs are used to terminate questioning and defame critics. <ul style="list-style-type: none"> <li>Slogans and tropes: 'born/trapped in the wrong body'; 'transwomen are women'; sex 'assigned' at birth; 'cis people have cis privilege'</li> <li>Slurs: TERF, transphobic, bigot, transmisogyny</li> </ul>
Gaslight to make you doubt your own memory.	Gender ideology declares that there have always been transgender people in history and across cultures, it's just that they haven't been visible. This is a misrepresentation of other cultures -- where two sexes are clearly identified and acknowledged -- in a form of racism and cultural imperialism.
Encourage you to spy and report on others' 'misconduct.'	Trans activists seek out and report what they deem to be the 'anti-trans' behaviour and/or statements of co-workers, other pupils, Twitter users, et al. The offender is then called to account and can lose their job, be required to apologise for their transgression(s), no platformed, told to undergo training, removed from social media, etc.
Harassing, abusing, attacking anyone who disagrees or is considered to be 'the enemy'.	Women who oppose gender ideology are called 'TERFs', bigots, hateful, and transphobic, and violence is threatened against them, with some women even having been attacked physically as well as verbally and online. This is not reported in the mainstream media.

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Thought control in cults	Example from, or expression in, trans
Instil Black vs White, Us vs Them, and Good vs Evil thinking.	Enemies are created of anyone who questions gender ideology; fighting language is used and threats are made. <ul style="list-style-type: none"><li>"We are in the middle of a vicious anti-trans backlash ... Fighting for trans rights and taking on the anti-trans backlash and transphobia."</li></ul>
Change your identity, possibly even your name.	Those exploring their 'gender identity' suddenly start wearing different clothes, changing their hairstyle, changing their name, and insisting on different 'pronouns'.
Use loaded language and cliches to stop complex thought	Mantras such as, 'It's better to have a living son than a dead daughter' are deployed to frighten parents into agreeing to the medicalisation of their children. Euphemisms are used to describe non-medically necessary amputations and mutilations, e.g., <ul style="list-style-type: none"><li>'Top' surgery: Double mastectomy/amputation of healthy breasts, implants</li><li>'Bottom' surgery: phallectomy, orchiectomy, hysterectomy, phalloplasty, vaginoplasty, metoidioplasty</li></ul>
Allow only positive thoughts (about 'the cult').	The belief that becoming trans will give you unconditional love and endless possibility is promulgated: you can be 'free to be you'. <ul style="list-style-type: none"><li>"Everyone is allowed to be themselves to their fullest extent."</li><li>"We become free to blossom into change agents. All of our capacities to expand humanity are strengthened."</li><li>"There is no other community on this planet that is as beautiful, magical, creative, and holy."</li></ul>
Reject rational analysis, critical thinking, and doubt.	The science and reality of biological sex are actively distorted, rejected, dismissed, misrepresented, or ignored, or rejected.

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Emotion control in cults	Example from, or expression in, trans
Instil irrational fears of questioning or leaving the group.	If you question gender ideology as a trans-identified person, you have 'internalised transphobia'. If you leave, no-one will love you and your family will not take you back because they have 'disowned' you.
Label some emotions as evil, worldly, sinful, or wrong.	Any confusion, love, generosity, softness, gentleness, questioning, curiosity, or exploration around gender or from family are all subsumed by certainty and an insistence that the only way to feel is proud, angry, hurt, and/or victimised.
Shower you with praise and attention ('love bombing') and positive reinforcement	<p>A 'bravery' narrative lionises those who 'come out' as trans, and parents of 'trans kids' are venerated as 'courageous' for 'affirming' their child. Past transgressions of older trans-identified males, in particular, are forgiven (e.g., dodgy associations with sugar daddy websites, past criminal records for domestic violence) and current transgressions erased (e.g., rapes and attacks on women committed by trans-identified males are recorded in criminal statistics and in the media as female-on-female crimes). You are 'brave' and receive only positive reinforcement.</p> <ul style="list-style-type: none"> <li>"Everybody feels loved, cared about, and heard, and they can grow."</li> <li>"I am on your side. Don't forget that. ... You are eternal. That's the good news."</li> <li>"Hello, my sweet baby angel, how's your spirit? Honey are you non-binary? How beautiful! Oh, baby, I am so proud of you. The journey back to the self is the journey of a warrior."</li> </ul>
Threaten your friends and family.	<p>Family (especially parents) and friends who do not unquestioningly affirm a person's new gender identity are told that their child may kill themselves, or that all contact with them will be ceased.</p> <ul style="list-style-type: none"> <li>"See, there is this thing called 'puberty' that can afflict your child"</li> </ul>
Shun you if you disobey or disbelieve.	Detransitioners and desisters are blanked, ghosted, no-platformed, or actively targetted for hate. If you detransition, it proves that you were 'never really trans' to begin with.
Teach that there is no happiness or peace outside the group.	<p>People are told that is your true family, your birth family doesn't understand you. If you don't transition now with us, before it's too late and you go through puberty, you will never be happy.</p> <ul style="list-style-type: none"> <li>"People are more and more calling me the 'Internet Mom', lately, and I like it ... If you've been rejected by everybody you can be in my family."</li> </ul>