

BASIC STRATEGIES TO COPE WITH YOUR LOVED ONE'S CULT INVOLVEMENT

1. INCREASE KNOWLEDGE
 - Gather data on the group/leader
 - Talk to former members of group
 - Read about mind control and destructive cult dynamics

2. STAY CONNECTED WITH LOVED ONE
 - Try to listen, not lecture
 - Try to be curious and respectful
 - Try for dialogue when you communicate with them, if possible

3. REBUILD TRUST WITH LOVED ONE ...wherever possible
 - Search for any areas of common interest or values to connect...
 - Find ways to support them without supporting the cult of Q

4. TAKE ADVANTAGE OF OPPORTUNITIES TO:
 - Get access to your loved one and spend some time together
 - Get them away from the group
 - Negotiate with them to take some time away from the group...i.e., or just less time online...

5. TAKE GOOD CARE OF YOURSELF
 - Physically, psychologically, and emotionally
 - Develop a good support network including some that are cult educated

COPING WITH CULT INVOLVEMENT: A HANDBOOK FOR FAMILIES AND FRIENDS

by Livia Barden