

GENERAL CHECKLIST FOR COMPILING A CLAIM / STATEMENT

1. Domestic Violence involving Emotional Abuse evolves and is the direct result of a manipulator who lives amongst them i.e. group or family unit, who is usually another family member, a person of trust tending to be someone they're not while quietly destroying the trust bonds that hold the family together. Resentment toward a parent for enabling a problem sibling can escalate quickly, but so can the perpetrator's ability to either corrupt or victimize without anyone being aware of anything happening to them as a family. Whether it happens in a small family of just two or three adult children with a small circle of family friends and relatives, or a larger, more mature and stable family, the effects of destruction are the same: it is extremely traumatic to believe that you have been so deceived and betrayed by one you so trusted and loved only to find oneself alone and feeling abandoned, by even your parent, without any family connections and in most cases any financial resources.
2. Perpetrators of Emotional Abuse are resolute in the manner and it can take years before anyone realizes that they are being set up by one.
3. Their goal and motives are the same: to take advantage of another to either cause them pain or bring about a benefit to themselves, financially or otherwise. They do this in all awareness and with full intent and purpose. Family is merely an obstacle to them and what they are heading for.
4. Perpetrators of Emotional Abuse use a particular strategy involving various standard tactics that unduly influences changes in people's perceptions, behaviour and attitudes as they masterfully discredit their opponents, deflect any accusations or blame from themselves back onto their opponents, and artfully and artificially dramatize all events by playing victim in order to unbalance their opponents and conceal their true intentions. It will always boil down to a "he said, she said" or "prove it". They do not feel remorse. They are not narcissistic nor sociopaths, but they are cold-blooded.
5. The strategy involves a 3-prong approach where they will work relentlessly and obsessively behind the scenes, running about, collecting information and then processing it all quickly as they deftly come up with unbelievably simple but convoluted and effective plans how they can unduly influence, simultaneously, perceptions, attitudes and behavior of:
 1. The general group of people, whose role or position is somehow related or associated with the primary victim, to act out against each other;
 2. Anyone to become a "recruit" and act out against the victim or anyone who is perceived as a potential threat to the perpetrator;
 3. The victim to act out on behalf of or in defense of the perpetrator.
6. In order to get people to comply, perpetrators of Emotional Abuse use tremendous and constant pressure on the vulnerable where, as a result, and in utter desperation, they are expected to give in to the demands of the perpetrator or leave the group entirely. If they stay, they unknowingly always leave themselves open to being, with absolute certainty, undermined themselves by the perpetrator.
7. Main issue with Emotional Abuse is that perpetrators always operate in a surreptitious manner using Machiavellian tactics as part of their strategy: lies, gossip, intimidation, negligence, fatigue, brainwashing, mind control, guilt/shame, accusations, etc. Their goal is to create conflict, emotional trauma and confusion within the family in order to conceal their intent to isolate members from each

other as they simultaneously victimize them. The turmoil the perpetrators create builds over time until the family is entirely destroyed. The when and where it all starts and how long it takes until the family's absolute destruction can span weeks, months, or perhaps many years or decades, depending on the situation.

8. Perpetrators of Emotional Abuse can and do influence people to commit, against each other, any of the following more common unlawful or criminal acts without their realizing it: defamation, sin of omission / commission, slander/propaganda, failure in their duty to accommodate, intent to defraud, physical violence, negligence, discrimination, verbal abuse, harassment.

9. A perpetrator's downfall is that, while predatory and destructive, they are also transparent and predictable. They will openly disclose to anyone what they have done, and they do so with great pride, in order to win support. Holding them accountable to their words or actions is fruitless.

10. When dealing with Emotional Abuse, it is necessary to slowly trace back changes in people's behavior or the words being heard repeated consistently by either the perpetrator or anyone around or associated with them, to a source. There likely will only be one: the perpetrator. It is necessary to focus on only facts, as opposed to assumptions, excuses or perceptions, and glean as much as possible about the exchanges between the perpetrator and others involved.

11. Using various tactics i.e. lying, gossip, accusations, etc., the perpetrator is creating tension between everyone in order to break everyone up. This causes three things to happen: it isolates the victim from any help from family and friends, it separates family and friends from each other so they can't see what is really going on and control is maintained by the perpetrator by keeping all parties separate and dependent entirely on the perpetrator.

12. In isolating the siblings from the elder, the perpetrator thus isolates the siblings from any connection they have to the family unit and cuts them off from any information that would help them help the elder. Their absence is concealed by lies that gave the false impression that the plaintiff and his/her siblings had actually "abandoned" the family for their own selfish reasons.

13. The perpetrator does not have a relationship with any of his/her siblings or in-laws. His/her job has always allowed him/her to travel constantly between the plaintiff's home and other family members' homes. His/her visits are meant to gather information, place undue influence on everyone using various tactics i.e. lies, gossip, innuendo, sarcasm, criticism, accusations, intimidation, etc. and attempt to convert anyone and everyone to help him/her in their deception of others.

14. Usually, the only person the perpetrator, the adult sibling has ever had a relationship with is the elder, albeit, a domineering one. Their behaviour towards others or dysfunction during childhood, adulthood, etc.

15. Statements should include observations/description/statements about:

- i. The elders' general health. Is there any concern about substance abuse? Mental health issues i.e. dementia?)
- ii. The abusive sibling's relationship with elder(s) during childhood, adulthood, present, etc. When did abusive sibling dominance over elders begin?
- iii. The elders' relationship with siblings, parenting style, etc.
- iv. The presence of primary caregivers in family, role of siblings in family/elders' life.
- v. How much interference, if any, did any sibling exhibit towards elders/others.

- vi. Whether any of the adult sibling's actions can be described or seen as undermining, malicious, domineering?
- vii. Whether any of the other siblings recall times the abusive sibling has attempted to recruit the plaintiff as an ally in their pursuit of power and control over another sibling or the elders? (What was the plaintiff's response?)
- viii. The abusive sibling's financial situation i.e. work history, assets, and how they have taken/not taken responsibility of their lives. Where or to who have they consistently appealed to, what method was used and what were the results?
- ix. Whether or not the plaintiff found out that the abusive sibling was doing things behind their back by spreading malicious lies and slandering each to bring about conflict, distrust, hatred and hurt.)

16. Over the years these types of incidences and their after effects on the any of the other family members can slowly cripple them psychologically and financially. Worse, the abusive sibling may have stated that they've enjoyed the emotional pain they have caused the plaintiff. This is also quite typical of a perpetrator of Emotional Abuse.

17. In all cases and with all family members and friends present, the perpetrators are and always will be:

- Aggressive and intimidating;
- Obsessive & unrelenting;
- Deft at using brainwashing and mind control techniques to place one under immense psychological pressure in order to break their resolve in her quest to recruit allies or extract money from them;
- Masterful at creating conflict with people by lying/gossiping to break trusts/bonds/relationships in order to separate and isolate everyone from each other;
- Constantly portraying herself as a victim to justify his/her actions;
- Quick to blame others for his/ her troubles and sidesteps accountability for actions without a conscience.

18. Another fact regarding perpetrators of Emotional Abuse or Emotional Elder Abuse is that their disposition or manner with people is usually always the same. They pretend to be an ally, a friend, someone who wants to help and support you, offer to help in any way and actually go out of their way to help when they haven't even been asked. Then when one starts to believe that you can have a relationship with them, when you put down your guard and ask for assistance, believing you can trust them, they respond by hurting you.

19. This is quite typical of perpetrators of Emotional Abuse as it is the plan to pretend to be one thing to one individual or group while pretending to be another thing to another individual or group and so forth while simultaneously undermining them each and every one.

20. Statements/observations should be made about:

- i. How each sibling participated in the life of the family unit i.e. Comments on style of communicating family had with one another and the elders. Was there any evidence of dysfunction?
- ii. Whether or not and what kind of relationships, if any, have been severed over the years due to the abusive sibling's insistence.

- iii. Whether the abusive sibling has ever purposely lied or omitted vital information that has misled people to believe anything other than the truth, has fostered the wrong impression intentionally or discredited the plaintiff.
- iv. About the type of contact the abusive sibling has with the plaintiff and/or other siblings, elders, etc.

21. Quite typically of a perpetrator, if you don't join an offender as an ally, they will use information they have collected from conversations, etc. to manipulate the facts maliciously to discredit another or misinform or mislead another. The goal is to create stressful situations where in frustration one would voluntarily withdraw from anything the family has, is or was doing together. Eventually, it is their intent, to isolate elder(s) from all family i.e. the other siblings, colleagues and friends, and create a situation where they are able to dominate over the elders as they wish without any interference.

22. Observations/particulars/events etc. should be made regarding the general nature of family events, if they still exist and what occurs. Is there a pattern of behaviour that can be seen?

23. Typically of a perpetrator of Emotional Abuse, the gradual detrimental effect of their actions on their victims is what motivates these people in the first place to continue to abuse. It feeds their ego when they receive acknowledgement that their actions have pained another in some way.

24. Details/particulars of things should be stated regarding whether there is increased tension in the family due to the manipulations of the abusive sibling such as whether the abusive sibling has accused others seemingly of things they have accused or thought they were guilty of, but actually they were all obviously things that pertained to the abusive sibling, themselves, specifically

25. Perpetrators typically use this tactic referred to as "projections" to create imbalance in their opponents. Projections are things that they are accusing others of, but are actually things that they are guilty of themselves. Projections are used to confuse someone by giving the impression that they are mentally unstable or very unaware of themselves. It actually works to stop perpetrator's opponents from taking any action against them for fear of putting themselves at risk. Simultaneously, as opponents chose not to challenge these "projections", the falsehoods or wrongful accusations, repeated enough times, eventually do stick and become truths unfortunately that are later very difficult to undo as people's perception are already skewed by them.

26. Projections can be defined as being "material" the perpetrator draws from their own personal lives that are injected into statements, accusations or complaints against others in order to cause confusion, uncertainty. They are meant to take advantage of their target(s) vulnerabilities i.e. insecurities, shame, guilt. They are projected onto the others in an accusatory manner that is meant to give the perception that it is the other who is the guilty party.

27. Emotional Elder Abuse takes Emotional Abuse to an extreme level. It is about the elder ending up living in terror and alone without any help. In extreme cases, their life is about "walking on eggshells" in constant fear and where the perpetrator is actually hoping that what they do to the elder will cause them to die of an intentional untimely death that will look like they perished due to natural causes. What no one sees is that the perpetrator moves in quietly by manipulating everyone and everything in their elder's life, in the absence of witnesses, as they trap an elder in their home. In private, they apply different tactics but all involving consistent coercive behavior i.e. blaming, yelling, threatening them, starving them, instilling fear, instilling guilt and/or financially restricting them, physically assaulting them and intentionally neglecting them. The intention is to cause enough stress and undue influence on an elder on a continuous basis, 24/7, to break them down psychologically as well as physically. If the elder tries to seek help. They pay for this if they are caught.

28. If the perpetrator has acted in a particular manner with one person, then their actions can be considered to be fully consistent in how they have treated everybody else, with or without witnesses to testify to this. In other words, if others are reporting being harassed, intimidated or verbally abused by the perpetrator, then it can be assumed that the same sort of undue influence is being used on the victim, the elder, to achieve the same end. The common thread is the personal information about the family that the perpetrator is using to their advantage to stir up conflict and confusion.

29. When dealing with Emotional Elder Abuse in the family, nothing that the elder does or says should be assumed is of their own free will. The scope, extent or degree of danger that the elder is in can be measured by the level of Emotional Abuse others are experiencing.

30. Tactics, such as brainwashing, weakens everyone's resolve more each day.

31. Pushing for agreement or acceptance of what the abusive sibling was pushing for is a typical tactic used by perpetrators. If ever questioned or cornered to explain themselves, they use the elder and what they have stated in people's presence as their defense to justification to carry on acting as they do. In other words, when victims verbalize their agreement, perpetrators automatically use it to escape any accountability if their actions are perceived as deceptive or manipulative. Right or wrong, the mere perception of compliance is what perpetrators are seeking from anyone to continue their pretenses. They were meant to safeguard the perpetrator from anyone's objections:

i.e. It will be quite noticeable the change in the victim's demeanor, the moment the perpetrator makes an entrance. While acting quite normally in the perpetrator's absence, upon the appearance of the perpetrator, victims become agitated, hyper and on guard. In their presence, the perpetrator will be obviously cueing their victims by i.e. beginning a verbal assault filled with accusations and criticism about their targets who are present i.e. the other siblings.

i.e. For the family, it has been intolerable to watch while having no ability to do anything to help or salvage the situation. A statement should be made, if applicable.

32. For the family member who has been isolated from the rest of the family unit they may have sensed but probably are generally unaware of the fact that someone was lying and discrediting him/her, and that what was being said was never questioned but merely taken at face value. Hence, the mistruths have lingered for so long unchecked that they have driven a wedge between everyone associated with the ousted family member.

i.e. Particulars/details of who and what the abusive sibling talks about others in the family and what they say they have been told should be noted. It will be heresay, but it establishes a pattern. Include observations of how the abusive sibling delivers the information i.e. laughing hysterically, as a nasty side remark in victim's absence, etc. It shows an inclination on the part of the abusive sibling to sabotage relations between family members. Etc.

i.e. By omitting some information and manipulating facts that would undoubtedly alter someone's decision or behaviour, the adult sibling could usually and easily undermine others to his/her own delight and satisfaction.

i.e. Perpetrators are able to influence people's perception about a great many things because, basically, most people are usually remiss in realizing that there are always two sides to a story. Their blind trust in another leads some people to being victimized more than others.

33. Particulars/statements of changes should be made regarding the victim's/elder's behavior towards people i.e. family, friends. Again, is there a pattern that is obvious?
34. Statements/particulars should be made regarding the time the abusive sibling spent with the elder. Is it always along, to the exclusion of all others. Is this different than how the family once communicated with one another? Describe how events unfold. Is there a pattern?
35. Statements/observations should be made regarding whether, over time i.e. month's, years, the elder(s) were showing more obvious signs of:
1. Emotional distress i.e. any anxiety, nervousness, irrational thoughts?
 2. Emotional unpredictability i.e. walking around the neighbourhood slandering the plaintiff and their other siblings? Denying visits by any of the relatives, friends, or grandchildren?
36. Observations/particulars should be made pertaining to:
- i. The elder and how their behaviour has been changing or is different from the past. i.e. if there is any pattern to the behaviour from one situation to another.
 - ii. What was happening in the family unit or to the elder(s) that was affecting others in the family and in what way?
 - iii. A timeline/particulars/statements that would show when and how the elder(s) were being isolated and from who.
 - iv. When and if the elder has made any public statements regarding who is making decisions for him/her/them i.e. Is this unusual for the elder(s) to do? This is a tactic perpetrators use to make sure they are given all information of the elder(s) so they can remain in their control and under the perpetrator's power.
 - v. What occurs when the family unit has made a decision only to have it overturned afterwards by the elder? This would establish a pattern that would imply that the abusive sibling is placing undue influence on the elder.
 - vi. What occurred when anyone tried to intervene i.e. what was the observed action or reaction by the elder i.e. did they consult an outside lawyer that did not know the family history?
37. Perpetrators manipulate the truth to give people false perceptions that are meant to trigger people coming to the wrong conclusions or assumptions about situations that they are in. Particulars/statements should be made regarding how the elder(s) reacted and they, if they did, say in public regarding these types of events?
38. Perpetrators also make sure that their victim is not available to be one-on-one with anyone from the family or that they don't get caught in a room with anyone who wants to question them. Appearing only when the meeting have already started means there is no time for anyone to confront the perpetrator. Perpetrators usually also try to time their appearance with the victim to avoid anyone being able to talk to the victim alone. Appearing together means that the family would hold themselves back from making any public display of their anger and any objection that they would have to any of the elder(s) declared requests or claims.
- i.e. Particulars/observations should be noted where the perpetrator and the elder appear together. Is there a pattern evolving?
 - i.e. Particulars/statements should be noted regarding any changes in wills, lawyers, residence, etc. applicable to the elder. Also, have there been attempts made by any family

members to assist the elder or get them help. Also, have the police been called, have lawyers or doctors been contacted when such activity was noted and challenged? What, if any, has been the reaction of the abusive sibling?

39. Observations/particulars should be noted regarding the current elder(s) general health and wellbeing, status of relationships between elders(s) and family or friends, etc.
40. Observations/particulars should be noted regarding any scripted language being used and by whom? Any absolute domination of abusive sibling over elder(s)? Any changes in financial assets, etc.
41. When we're dealing with Emotional Elder Abuse in the family, perpetrators will use their victims, the elder, to stand up for and defend their perpetrator in public to give the perception that no crime is being committed.
42. The perpetrator's absence is not to be perceived as an indication that he/she is not implicated. Rather, it is an indication of how manipulative he/she can be in setting up the elder(s) to be perceived as the person making the decisions. By his/her own admission, the perpetrator's actions place the elder(s) under undue influence. As such, the elder(s) should be considered merely as the vehicle by which the perpetrator is using to carry out her intent to defraud the estate.
43. Particulars/observations should be noted regarding any type of verbal attacks or accusations being made by elder(s) against family members or friends. Where is the abusive sibling when these are made? Who is now making decisions for the elder(s)? What is the status of the family?)
44. Observations/particulars should be made regarding the general living environment of elder(s).
45. If home repairs are not being done or traditional holidays are not being marked as they were in the past, it is a strong indication that the perpetrator is undermining the elder(s). By being negligent and purposely not allowing the elder(s) to celebrate with family or subjecting them to hardships in the daily life indicates that the perpetrator is using another tactic to cause the elder(s) to be sad, depressed, lonely and alone.