

	LEVEL 0 - HEALTHY	LEVEL 1 - RESTRICTIVE	LEVEL 2 - OPPRESSIVE	LEVEL 3 - EXTREME
AUTHORITATIVE LEADERSHIP	Democratic leadership style with shared decision-making	Leader/s holds authority with limited input from others	Leader/s exerts significant control over decisions with little to no input from others	Absolute authority with no room for dissent or input from others; often a charismatic leader
CONTROL OVER INFORMATION	Transparency and openness in sharing information	Selective dissemination of information to manipulate perception or control narrative	Restricting access to certain information to maintain authority or control	Total control over information flow, including censorship, propaganda, and indoctrination
DECEPTION	Honesty, transparency and openness	Misleading or exaggerated claims, during recruitment phase and ongoing	False representation, lies, and withholding information during recruitment phase and ongoing	Gaslighting, fraud, and propaganda during recruitment phase and ongoing
EXCLUSIVE KNOWLEDGE	Open to new ideas	Information is subject to limited interpretation	Knowledge handed down by leaders is indisputable	Knowledge is presented as indisputable truth based on a divine origin
EXPLOITATION	Cooperation and fair treatment	Engagement in one type of exploitation (labour, identity, financial, etc.).Exception: extreme forms (sexual) may be deemed level 3.	Participation in two types of exploitation (labour, identity, financial, etc.). Exception: extreme forms (sexual) may be deemed level 3.	Sexual exploitation and/or 3 or more forms of exploitation (ie. financial, labour (mental & physical), organ donations, branding, etc.)
FEAR, GUILT, &/or INTIMIDATION	Everyone treated with respect and dignity	Utilisation of guilt and other negative emotions to cultivate loyalty	Instilling fear through doctrines and/or threatening behaviour	Use of fear and intimidation tactics through teachings and/or threatening behaviour, which may include physical, emotional, or mental intimidation
ISOLATION	Independence; can freely move in and out of group	Tight-knit community; clique	Reduced interaction with dissenters or outsiders, limiting access to opposing ideologies	Severely restricted contact with outsiders, particularly those with differing beliefs
MICRO-MANAGEMENT OF DAILY TASKS	Individuals able to organise daily activities and responsibilities; in community living duties are shared fairly	Obligated to work through pressure tactics, eg., frequent and excessive meeting schedules	Being obligated to work full-time for the group, often without fair compensation	Living in a commune where daily routines are dictated by leaders
MONITORING THOUGHTS &/or BEHAVIOURS	Full autonomy and freedom of thought, with no adverse monitoring and surveillance. Individuals are to think and behaviour independently	Any form of monitoring, for example peer monitoring, forced confessions, accessing journals, private emails, text messages, and social media accounts	Any two forms of monitoring, one of which involves technology; ie. fake online personas, use of cameras, audio listening or tracking devices in items such as handbags, phones or vehicle	Three or more forms of surveillance; stalking or demand proof of location. This could involve engaging others to follow a particular member and report back to leadership
PUNISHMENT & DISCIPLINE	Emphasis on accountability and constructive feedback	Use of punitive measures like extra chores and verbal insults for discipline	Extreme punishments such as deprivation of food, isolation, physical torture, and relentless berating	Subjecting individuals to extended periods without access to basic needs like food or shelter
THOUGHT REFORM	Respect for diverse thoughts and beliefs	Subtle manipulation of thoughts and beliefs to align with group ideology	Systematic indoctrination and manipulation techniques to alter beliefs and behaviors	Coercive and extreme methods including isolation, sleep deprivation, and intense psychological pressure to enforce conformity
US vs THEM MENTALITY	Belief in equality for all	Biases based on gender, race, or religion	Derogatory towards those outside the group	Belief in the superiority or uniqueness of one's own group