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vertically vertically PTI cult

The brain is also integrated vertically- from top to bottom and vice versa. How well this integration happens decides how well we can process thoughts, reasoning, judgements and perceptions as well as how integrated our feelings, emotions and instincts are with each other. Without proper exercising of this vertical connection, people are either cut off from their feelings or unable to think clearly and make rational decisions, thus making them both highly suggestable and emotionally vulnerable (Whitsett: 2014).

extreme thinking cult horizontal vertical

As cults tend to discourage and severely punish those who question their leaders or practices, they tend to prevent both vertical and horizontal integration from happening. This means that negative emotions are more likely to get stuck

(eventually surfacing as trauma), while critical thinking and reasoning are suppressed. Mentally incapacitating their members in this way allows a strict following mentality to flourish as suppressing emotional processing and critical thinking not only keeps them vulnerable, but also unquestioning of their leader.

To conclude, cultic behaviors and rituals can have devastating effects on the brain and people's lives. Often taking advantage of vulnerable people in search of comfort and identity, they disable critical thinking processes and freeze emotional

processing to both gain and maintain control over their members. This makes their members not only less logical, but also prone to trauma, as they often feel robbed of an outlet for emotional discomfort distress.

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Denial is a straightforward and primitive psychological mechanism. It is a refusal to acknowledge uncomfortable evidence that contradicts one's beliefs and attitudes, especially those aligned with personal identity or ambition. "The

cognitive dissonance

Cognitive dissonance, on the other hand, doesn't totally deny disconfirming evidence. It merely bends the evidence to feel more psychologically palatable. "I was never totally convinced the election was

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Cognitive dissonance was first identified when researcher Leon Festinger studied a group that believed the Earth would be destroyed by a flood on December 21, 1954. The believers would be rescued by an alien spaceship.

On the designated date, the group excitedly waited for the midnight arrival of the craft and their departure. When it did not arrive, they were led to believe that there had been an error in communication and another date was announced. Ultimately, after predictions of the world's flood did not materialize on repeated dates, the most committed concluded that the earth was not flooded because of the faithfulness of the group – denial. The less totally committed adjusted their thinking, concluding that there was a miscommunication from the leader – cognitive dissonance.

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In doing so, the believers either denied or bent reality while maintaining their own dignity. They also avoided the mental possibility that they were bamboozled.