

Working With Programming In Organized Cult Torture (RAMCOA)

We can reduce the effects of mind control or unravel
it completely

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Cult wants us to think programming is all powerful. It is not. We can change or decrease the programming.

It helps to recognize programming is functioning to fight it.

Some signs:

- Mind gets fuzzy, spinny, dissociated, drugged feeling, can't think clearly;
- Intense overwhelming emotion: despair, hopelessness, terror, emotional pain - when no obvious present-day reason (what felt in torture);

- Flooding of memories (visual, auditory, body, emotional);
- Sudden intense fear you will be murdered or die, specific way;
- Repeated commands or memories, can't get out of the loop;
- Still or video images - specific self-harm/suicide or harming others;

- Internal commands to self-harm, kill self, go back to cult, open door, report to abuser;
- Inner gaslighting: your memories aren't true, you don't have DID, it's all made up, etc.
- Sudden intense body memories of torture: needle torture, burning sensation, drugged/disoriented feeling, unable to breathe easily, intense pain, especially in private areas;

- Feeling unable to speak, lips glued/sewn, narrowing throat, unable to get enough air;
- Seeing symbols/images combined with repeated thoughts/emotions that could harm yourself or others;
- Strong urges to disclose sensitive information even if you don't feel safe;
- Feeling that you must contact known abusers suddenly and intensely; etc.

Cues are deliberate triggers used to set off programming.

Common external cues can include:

- popular body language;
- songs;
- nursery rhymes;
- Symbols: pentagrams, yellow smiley faces;
- specific sounds: sirens, given name of the body (to bring out everyday parts who don't remember);
- Visuals: colored flashing lights, specific cartoon characters; etc.

Internal/self cues can include:

- self-touch cues;
- breaking core cult rules:
 - talking (externally, internally);
 - remembering;
 - trying to escape;
 - trusting creating bonds with others who are not cult; etc.

Cult embeds cues for *basic core programs*

don't remember,

don't talk,

don't escape,

don't talk inside - cult-created and self-created personalities,

go back to cult,

dissociate, etc.

in popular media and society, things survivors frequently encounter so core programming will be constantly set off (to protect cult). They use innocuous things so deliberately cue survivor in public; most people will not recognize what is happening, often not even survivor.

Ways to get around programming:

When working with programming, working with cult-created, cult-trained personalities; they went through some of most extreme, ongoing torture.

Important to have compassion, empathy. They kept body/self alive.

Cult wouldn't stop torture until someone inside took on job. Often did not want job, but someone inside had to do it.

Compassion, empathy, love always cut through programming and lies because programming put in with hate, cruelty; cult can't fake real compassion, love.

Temporarily halting the effects of programming:

Talk directly to cult-created programmed personalities.

Ask: Do they know they're hurting others inside how they were hurt?

Can they see/experience that pain?

Are they willing to change it, even slightly?

Ask if they can do their job in a different way that is less harmful:

- If you must give images, can they be invisible?
- If you must spin out messages, can you spin positives, or in opposite direction so they're garbled?
- Can you mute the messages so no one can hear them?

Often they are afraid of cult-created insiders above them in the hierarchy who will hurt them if they don't do their job. Helps to work with them too.

Even if it's only a slight shift that is beginning of change.

If they don't agree to change, find loopholes:

- If cult said you can't talk, then can you write it out, draw it out, sing it out? Email or text it?
- Show it through a sand tray?
- Map it out?
- If cult said you can't see abuser faces, can someone inside draw out the abuser face?
- Write out their identity?
- Listen to their voice and give their identity?
- Point to a photo?

Use creativity to change impact.

Can you temporarily, until you can work deeper with cult-trained personalities:

- mute them,
- lower the volume,
- turn their words into confetti that have no meaning or sound,
- encase them in a sound proof, unbreakable bubble,
- put them on the moon,
- turn off their loudspeaker,
- turn their words into Jello, etc.

Anything you can imagine or visualize you can do.

Ask folks inside to:

- help fight programming,
- find a way around it,
- alert programming is happening.

I call on: wise parts, healers, therapist parts, protectors, tough guys, warrior women, inner kids with hope and creativity, etc.

Ask inside if anyone can map out programming:
who is giving the messages,
what the steps are,
or identify the programs and what they're supposed to do.

Helps you recognize programming, gain distance, lower effectiveness or intensity.

Challenge the programming & cult lies

Give the opposite of what was taught:

- love,
- compassion,
- empathy,
- knowledge,
- choice.

More Long-Term Work To Halt Programming, Change Internal Programmed Jobs

Talk to the cult-created insiders. Ask:

Do they know they don't have to do what cult taught them?

Do they know everything cult told them is a lie, manipulation?

Give them compassion, empathy, respect.

Help them see they don't deserve to be hurt, controlled; no one inside does.

Work on changing the cult-created personalities' jobs. Do internal rescue work:

- ask them to tell you when they were first created,
- listen to trauma with compassion,
- visualize taking personality out of the torture, stopping the abusers,
- take them to safe place inside where still contained but away from other cult created personalities,
- ask what they'd like to do instead,
- give them new clothing, items, etc. inside that align with new job.

This may happen over time.

If polyfragmented DID, helps to work with entire group of folks who have same programming at once.

Ask if anyone inside is above them,
controlling them,
forcing them to do their job,
manipulating or setting off jobs inside.
Then if anyone is above them.

Work with them as well.

Ask:

Are there hidden areas in inner world you can't see or hear?
If so, can someone inside map them out?

Are there any hidden messages you aren't hearing?
Can anyone inside write them out?

Positive Reminders:

We can work on and change the programming. It is not all powerful.

We are intelligent, creative beings; we had to be to develop DID and to survive.

We can find loopholes, change programming, halt it, work to change inner jobs, use creativity to change.

We survivors and DID systems are strong, intelligent, and creative.

We've survived so much. We can use that resilience, and compassion, creativity, to work through programming.

There is hope. We can get safe (we have), work on healing, find safe people, a good therapist, people who care about us and become lifelines and anchors. We can create chosen family, find meaning, hope, happiness.

We have many folks inside who can help us. Folks who have knowledge we don't about the programming or personalities, who hold wisdom and healing. Folks who hold onto hope and joy when we can't.

Lean into inner kids or anyone else who can find hope and happiness and push through the programming.

We're stronger than the programming.

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