

# Thought Reform And The Psychology Of Totalism A Study Brainwashing In China

## Robert Jay Lifton

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ciples that are advocated; second, patterns of "thought reform" akin to those described in this volume, and especially in Chapter 22; and third, a tendency toward manipulation from above with considerable exploitation (economic, sexual, or other) of ordinary supplicants or recruits who bring their idealism from below.

[Thought reform in China - Wikipedia](#)

From several internet sources, it appears these are Lifton's "8 Criteria for Thought Reform": 1- Milieu Control. This involves the control of information and communication both within the environment and, ultimately, within the individual, resulting in a significant degree of isolation from society at large. 2- Mystical Manipulation.

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#### Dr. Robert J. Lifton's Eight Criteria for Thought Reform

First presented in chapter 22 of his seminal work, Thought Reform and the Psychology of Totalism, this list can be used to measure the level of coercion not only in groups but in relationships, families, and even in whole countries. Milieu Control: "We control what you experience, and how you experience it."

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In the book, Dr. Lifton outlines the "Eight Criteria for Thought Reform": Milieu Control. This involves the control of information and communication both within the environment and, ultimately, within the individual, resulting in a significant degree of isolation from society at large. Mystical Manipulation. There is manipulation of experiences that appear spontaneous but in fact were planned and orchestrated by the group or its leaders in order to demonstrate divine authority or spiritual ...

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The Thought Reform Movement first began in September 1951, following a speech by premier Zhou Enlai calling for intellectuals to reform their thought. The People's Daily called for teachers and college staff to "arm oneself with the thought of Marxism-Leninism" and "throw away the vulgar perspectives of individualism and liberalism, and the cultural thought of European-American reactionary bourgeoisie".