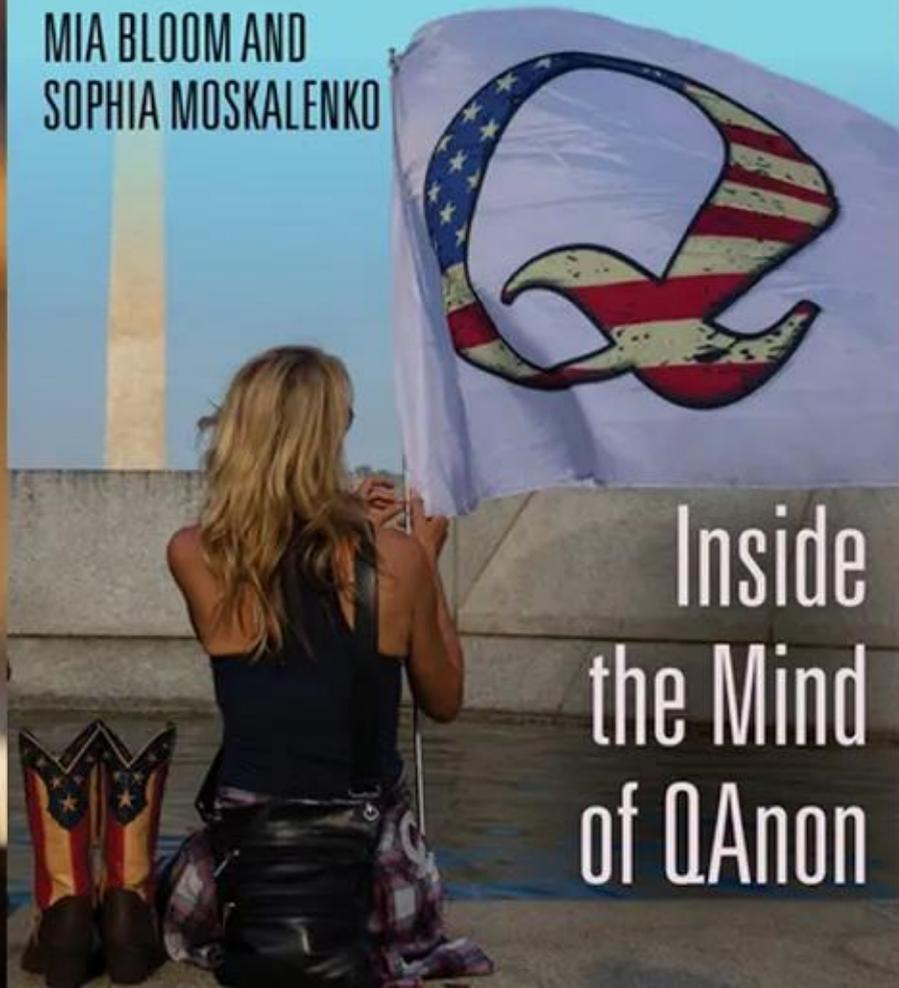




Pastels and Pedophiles

MIA BLOOM AND
SOPHIA MOSKALENKO



Inside
the Mind
of QAnon



1
00:00:06,869 --> 00:00:04,550
welcome to tales from the rabbit hole

2
00:00:09,110 --> 00:00:06,879
i'm your host mick west my guests today

3
00:00:10,150 --> 00:00:09,120
are professor mia bloom and dr sophia

4
00:00:12,709 --> 00:00:10,160
moscalenko

5
00:00:14,150 --> 00:00:12,719
the authors of the book pastels and

6
00:00:16,150 --> 00:00:14,160
pedophiles

7
00:00:18,070 --> 00:00:16,160
which is a book about the q and on

8
00:00:20,390 --> 00:00:18,080
conspiracy theory how it came about

9
00:00:21,910 --> 00:00:20,400
and what we can do about it so i'd like

10
00:00:23,910 --> 00:00:21,920
to thank uh both of you

11
00:00:25,429 --> 00:00:23,920
very much for joining me here today

12
00:00:27,509 --> 00:00:25,439
thank you so much for having us

13
00:00:28,470 --> 00:00:27,519

it's a pleasure i found the book really

14

00:00:29,910 --> 00:00:28,480

interesting uh

15

00:00:31,990 --> 00:00:29,920

partly because it kind of overlapped a

16

00:00:33,030 --> 00:00:32,000

lot with with my kind of area of

17

00:00:34,709 --> 00:00:33,040

interest

18

00:00:36,790 --> 00:00:34,719

i i noticed that the book was it was

19

00:00:38,150 --> 00:00:36,800

only published uh back in june yeah a

20

00:00:40,790 --> 00:00:38,160

couple of months ago

21

00:00:42,229 --> 00:00:40,800

but i imagine you started working on it

22

00:00:42,790 --> 00:00:42,239

in the previous year would that be

23

00:00:44,950 --> 00:00:42,800

correct

24

00:00:46,869 --> 00:00:44,960

yeah what had happened was um the

25

00:00:49,910 --> 00:00:46,879

national science foundation

26

00:00:52,950 --> 00:00:49,920

and the pentagon had asked me to

27

00:00:54,229 --> 00:00:52,960

present about q anon because general

28

00:00:56,389 --> 00:00:54,239

michael flynn had

29

00:00:57,430 --> 00:00:56,399

pledged allegiance and there was a

30

00:00:59,349 --> 00:00:57,440

concern

31

00:01:00,790 --> 00:00:59,359

that many people in the military or

32

00:01:03,430 --> 00:01:00,800

people among veterans

33

00:01:04,789 --> 00:01:03,440

might follow suit and so they were

34

00:01:05,990 --> 00:01:04,799

looking at it from a security

35

00:01:09,190 --> 00:01:06,000

perspective

36

00:01:11,109 --> 00:01:09,200

and that you know when we then had on

37

00:01:14,870 --> 00:01:11,119

the 25th of january

38

00:01:15,910 --> 00:01:14,880

christmas day morning um the explosion

39

00:01:17,830 --> 00:01:15,920

in nashville

40

00:01:19,590 --> 00:01:17,840

initially people thought that was q anon

41

00:01:22,550 --> 00:01:19,600

related that's

42

00:01:25,270 --> 00:01:22,560

they called us back and they said okay

43

00:01:26,870 --> 00:01:25,280

we're going to give you research funding

44

00:01:29,270 --> 00:01:26,880

to do this for the next few years

45

00:01:29,830 --> 00:01:29,280

because we perceive this as a potential

46

00:01:31,990 --> 00:01:29,840

threat

47

00:01:33,190 --> 00:01:32,000

to national security so sophie and i

48

00:01:36,069 --> 00:01:33,200

have been working on it

49

00:01:38,230 --> 00:01:36,079

for quite a while but um the book came

50

00:01:40,789 --> 00:01:38,240

out june 15th

51
00:01:41,670 --> 00:01:40,799
prior to say you know january the 6th

52
00:01:44,950 --> 00:01:41,680
this year

53
00:01:46,630 --> 00:01:44,960
was the focus like uh a different focus

54
00:01:47,190 --> 00:01:46,640
or was it essentially the same or was it

55
00:01:51,590 --> 00:01:47,200
kind of

56
00:01:53,350 --> 00:01:51,600
approach was after january the 6th

57
00:01:55,910 --> 00:01:53,360
well so there was a there was a hybrid

58
00:01:58,870 --> 00:01:55,920
because at some point the reason why

59
00:01:59,590 --> 00:01:58,880
the um the head of the fbi christopher

60
00:02:02,870 --> 00:01:59,600
wray

61
00:02:05,510 --> 00:02:02,880
had designated q anon first in 2019

62
00:02:06,630 --> 00:02:05,520
and then again in 2020 as a potential

63
00:02:08,150 --> 00:02:06,640

terrorist threat

64

00:02:10,070 --> 00:02:08,160

was because there was a threat to the

65

00:02:12,949 --> 00:02:10,080

hoover dam so there weren't

66

00:02:14,390 --> 00:02:12,959

many crimes associated with q anon in

67

00:02:17,670 --> 00:02:14,400

that first period

68

00:02:18,150 --> 00:02:17,680

2018 to 2020 but because one was a

69

00:02:21,110 --> 00:02:18,160

threat

70

00:02:22,550 --> 00:02:21,120

against infrastructure it qualified as

71

00:02:24,630 --> 00:02:22,560

having potential

72

00:02:25,830 --> 00:02:24,640

for terrorism and that's where you know

73

00:02:26,790 --> 00:02:25,840

sophie and i have been working on

74

00:02:30,470 --> 00:02:26,800

terrorism

75

00:02:33,030 --> 00:02:30,480

for 25 and 30 years uh

76

00:02:34,229 --> 00:02:33,040

respectively so this is where there's

77

00:02:36,390 --> 00:02:34,239

the possibility

78

00:02:37,589 --> 00:02:36,400

but also when we went into it we were

79

00:02:39,030 --> 00:02:37,599

looking at well what are the

80

00:02:39,910 --> 00:02:39,040

similarities but where are the

81

00:02:42,390 --> 00:02:39,920

differences

82

00:02:43,990 --> 00:02:42,400

and sophia was able to glean some really

83

00:02:45,750 --> 00:02:44,000

important differences between

84

00:02:47,030 --> 00:02:45,760

what we're used to seeing from terrorist

85

00:02:50,390 --> 00:02:47,040

organizations

86

00:02:54,070 --> 00:02:50,400

and terrorist operatives versus q anon

87

00:02:55,430 --> 00:02:54,080

sophia i i find uh when i try to explain

88

00:02:57,350 --> 00:02:55,440

q anon to people it's

89

00:02:58,630 --> 00:02:57,360

it's a very uh difficult thing to get

90

00:03:01,110 --> 00:02:58,640

across if

91

00:03:03,350 --> 00:03:01,120

people were to ask you what's your sir

92

00:03:05,990 --> 00:03:03,360

say you know 30 second to one minute

93

00:03:07,990 --> 00:03:06,000

explanation from your perspective uh

94

00:03:11,430 --> 00:03:08,000

your expert perspective of what

95

00:03:14,869 --> 00:03:11,440

humanon is so um as nia said we

96

00:03:17,670 --> 00:03:14,879

came into this line of of research

97

00:03:19,589 --> 00:03:17,680

uh thinking of q anon as a terrorist

98

00:03:22,390 --> 00:03:19,599

group a radical group

99

00:03:24,309 --> 00:03:22,400

but the more i learned about it the more

100

00:03:27,030 --> 00:03:24,319

data we got

101
00:03:28,789 --> 00:03:27,040
the more differences we saw between a

102
00:03:30,550 --> 00:03:28,799
traditional terrorist group like a

103
00:03:34,229 --> 00:03:30,560
jihadist group or right-wing

104
00:03:37,509 --> 00:03:34,239
you know militia group or environmental

105
00:03:40,229 --> 00:03:37,519
uh terrorist groups and so

106
00:03:41,589 --> 00:03:40,239
our view that we expressed in the book

107
00:03:45,110 --> 00:03:41,599
is that q anon

108
00:03:47,830 --> 00:03:45,120
is not uh like a terrorist group

109
00:03:49,750 --> 00:03:47,840
it's not fair or legitimate to compare

110
00:03:51,830 --> 00:03:49,760
it with isis for example

111
00:03:53,350 --> 00:03:51,840
um there's several fundamental

112
00:03:56,149 --> 00:03:53,360
differences about it

113
00:03:57,910 --> 00:03:56,159

um that mean we have to treat it

114

00:04:00,390 --> 00:03:57,920

differently from the point of view of

115

00:04:01,350 --> 00:04:00,400

policing it and also from the point of

116

00:04:04,390 --> 00:04:01,360

view of

117

00:04:06,149 --> 00:04:04,400

how to approach direct

118

00:04:07,990 --> 00:04:06,159

our efforts toward people in our

119

00:04:09,910 --> 00:04:08,000

community our friends and neighbors who

120

00:04:12,949 --> 00:04:09,920

may be susceptible or

121

00:04:15,030 --> 00:04:12,959

already inside this rabbit hole so some

122

00:04:15,670 --> 00:04:15,040

of the differences that mark you in on

123

00:04:18,310 --> 00:04:15,680

from

124

00:04:19,830 --> 00:04:18,320

terrorist groups are first just its

125

00:04:21,590 --> 00:04:19,840

sheer size

126
00:04:23,749 --> 00:04:21,600
so with terrorist groups we look at

127
00:04:26,230 --> 00:04:23,759
small face-to-face groups

128
00:04:27,270 --> 00:04:26,240
um maybe there's a larger group of

129
00:04:30,550 --> 00:04:27,280
supporters who

130
00:04:32,390 --> 00:04:30,560
donate money provide logistical support

131
00:04:33,909 --> 00:04:32,400
but still we're looking at you know a

132
00:04:35,350 --> 00:04:33,919
couple of hundred people

133
00:04:36,710 --> 00:04:35,360
maybe a thousand if you're you're

134
00:04:37,830 --> 00:04:36,720
talking about al qaeda at its height

135
00:04:40,469 --> 00:04:37,840
right

136
00:04:42,230 --> 00:04:40,479
with queuing on every poll we're seeing

137
00:04:43,670 --> 00:04:42,240
that's representative of the population

138
00:04:45,510 --> 00:04:43,680

of americans for example

139

00:04:47,270 --> 00:04:45,520

is putting the number of people

140

00:04:51,030 --> 00:04:47,280

entrenched in carrying on beliefs

141

00:04:52,150 --> 00:04:51,040

at tens of millions so around 30 million

142

00:04:55,749 --> 00:04:52,160

people if you project

143

00:04:57,670 --> 00:04:55,759

the poll results are convinced that a

144

00:05:00,710 --> 00:04:57,680

cabal of blood-drinking

145

00:05:03,350 --> 00:05:00,720

sadistic pedophiles have taken over

146

00:05:04,310 --> 00:05:03,360

our government media and a bunch of

147

00:05:06,310 --> 00:05:04,320

other

148

00:05:08,550 --> 00:05:06,320

things like you know lizard people and

149

00:05:09,590 --> 00:05:08,560

flat earth and space lasers and all this

150

00:05:12,550 --> 00:05:09,600

colorful

151
00:05:14,070 --> 00:05:12,560
um set of of characters and narratives

152
00:05:16,710 --> 00:05:14,080
um that's one big difference

153
00:05:17,510 --> 00:05:16,720
another really big difference is that

154
00:05:20,870 --> 00:05:17,520
queuing on

155
00:05:21,189 --> 00:05:20,880
is more about ideas ideology if you want

156
00:05:23,189 --> 00:05:21,199
to

157
00:05:24,230 --> 00:05:23,199
you know call it that then it is about

158
00:05:26,469 --> 00:05:24,240
action so

159
00:05:27,510 --> 00:05:26,479
how many q anon people were ever

160
00:05:30,150 --> 00:05:27,520
involved in

161
00:05:31,830 --> 00:05:30,160
a an ideologically motivated crime i

162
00:05:33,110 --> 00:05:31,840
just gave you the number of about 30

163
00:05:35,510 --> 00:05:33,120

million people how many

164

00:05:36,710 --> 00:05:35,520

out of these were ever implicated in

165

00:05:39,990 --> 00:05:36,720

radical act

166

00:05:43,110 --> 00:05:40,000

actions the answer is about

167

00:05:44,710 --> 00:05:43,120

70 and that includes all the qn

168

00:05:46,469 --> 00:05:44,720

followers who were indicted for their

169

00:05:47,749 --> 00:05:46,479

participation in the january sixth

170

00:05:51,110 --> 00:05:47,759

inspection

171

00:05:53,110 --> 00:05:51,120

so the proportion of people who are

172

00:05:54,710 --> 00:05:53,120

actually dangerous as far as their

173

00:05:56,870 --> 00:05:54,720

actions are concerned who

174

00:05:58,710 --> 00:05:56,880

may carry out a terrorist act is

175

00:05:59,590 --> 00:05:58,720

minuscule compared to a traditional

176
00:06:02,309 --> 00:05:59,600
terrorist group

177
00:06:04,070 --> 00:06:02,319
and the last major difference is that we

178
00:06:05,749 --> 00:06:04,080
discovered and our colleagues have since

179
00:06:08,230 --> 00:06:05,759
substantiated our

180
00:06:09,189 --> 00:06:08,240
observations in in case studies we did

181
00:06:12,070 --> 00:06:09,199
for the book

182
00:06:13,990 --> 00:06:12,080
that an overwhelming proportion of q are

183
00:06:16,309 --> 00:06:14,000
followers suffer from

184
00:06:18,870 --> 00:06:16,319
mental health problems and diagnose

185
00:06:22,150 --> 00:06:18,880
psychopathology we're talking about

186
00:06:24,629 --> 00:06:22,160
um three and a half times the rate

187
00:06:25,270 --> 00:06:24,639
of these problems that are encountered

188
00:06:28,230 --> 00:06:25,280

in an

189

00:06:30,950 --> 00:06:28,240

average american adult population so

190

00:06:33,110 --> 00:06:30,960

these three major differences mean that

191

00:06:35,350 --> 00:06:33,120

human is something qualitatively

192

00:06:36,950 --> 00:06:35,360

different so we can't really use

193

00:06:38,550 --> 00:06:36,960

the tools in our toolbox that we

194

00:06:41,909 --> 00:06:38,560

developed for dealing with

195

00:06:44,870 --> 00:06:41,919

al qaeda and domestic extremists

196

00:06:46,629 --> 00:06:44,880

to deal with q anon we have to address

197

00:06:48,309 --> 00:06:46,639

the fact that it's an internet based

198

00:06:49,990 --> 00:06:48,319

group as opposed to face-to-face

199

00:06:52,230 --> 00:06:50,000

we have to address the mental health

200

00:06:55,350 --> 00:06:52,240

angle we have to approach it

201
00:06:56,230 --> 00:06:55,360
more from the community health

202
00:06:59,189 --> 00:06:56,240
standpoint

203
00:07:01,189 --> 00:06:59,199
just because there's so many of people

204
00:07:02,870 --> 00:07:01,199
in our lives you know who believe these

205
00:07:04,270 --> 00:07:02,880
things we can't put them all in prison

206
00:07:07,430 --> 00:07:04,280
we can't put them into a

207
00:07:08,790 --> 00:07:07,440
de-radicalization camp so we have to do

208
00:07:11,110 --> 00:07:08,800
something different here

209
00:07:13,110 --> 00:07:11,120
i'm going to jump in and add one thing

210
00:07:14,550 --> 00:07:13,120
you know this issue about mental health

211
00:07:16,309 --> 00:07:14,560
is really important

212
00:07:18,390 --> 00:07:16,319
for the most part all the terrorist

213
00:07:20,790 --> 00:07:18,400

organizations that

214

00:07:22,150 --> 00:07:20,800

we've studied uh collectively

215

00:07:24,870 --> 00:07:22,160

individually

216

00:07:25,830 --> 00:07:24,880

they tend not to recruit people who are

217

00:07:28,230 --> 00:07:25,840

mentally ill

218

00:07:29,670 --> 00:07:28,240

the first reason is someone who has

219

00:07:32,150 --> 00:07:29,680

mental illness

220

00:07:33,270 --> 00:07:32,160

is not good with operational secrecy the

221

00:07:35,430 --> 00:07:33,280

second reason

222

00:07:36,790 --> 00:07:35,440

someone who's mentally ill tends not to

223

00:07:38,790 --> 00:07:36,800

finish the task

224

00:07:40,390 --> 00:07:38,800

now the only time we ever saw people

225

00:07:42,309 --> 00:07:40,400

deliberately targeted

226

00:07:44,070 --> 00:07:42,319

for recruitment who were mentally ill

227

00:07:46,150 --> 00:07:44,080

the provisional ira

228

00:07:47,189 --> 00:07:46,160

used to have a squad that would do the

229

00:07:49,670 --> 00:07:47,199

kneecapping

230

00:07:51,430 --> 00:07:49,680

and they wanted people who were kind of

231

00:07:54,150 --> 00:07:51,440

psychopaths for that job

232

00:07:55,430 --> 00:07:54,160

but generally no the only other place

233

00:07:57,749 --> 00:07:55,440

we've seen it

234

00:07:59,430 --> 00:07:57,759

isis did recruit from prisons and they

235

00:08:01,670 --> 00:07:59,440

didn't you know they weren't really

236

00:08:04,070 --> 00:08:01,680

selective when they were bringing people

237

00:08:06,230 --> 00:08:04,080

over so we did see people who were

238

00:08:07,589 --> 00:08:06,240

exhibiting some signs of psychopathology

239

00:08:09,749 --> 00:08:07,599

but for the most part

240

00:08:11,589 --> 00:08:09,759

when you're dealing with mental illness

241

00:08:12,390 --> 00:08:11,599

terrorist groups don't want the mentally

242

00:08:15,350 --> 00:08:12,400

ill person

243

00:08:16,469 --> 00:08:15,360

and and there's good reason for it so is

244

00:08:18,790 --> 00:08:16,479

it really um

245

00:08:20,309 --> 00:08:18,800

a unique phenomena is that do is there

246

00:08:23,110 --> 00:08:20,319

any historical precedent

247

00:08:25,110 --> 00:08:23,120

for a kind of a you know mass delusion

248

00:08:28,390 --> 00:08:25,120

slash conspiracy theory slash

249

00:08:29,270 --> 00:08:28,400

terrorist organization slightly of this

250

00:08:32,310 --> 00:08:29,280

scale

251
00:08:34,310 --> 00:08:32,320
or is this something entirely new what's

252
00:08:37,110 --> 00:08:34,320
really unique about q anon

253
00:08:38,790 --> 00:08:37,120
is its adaptability it has this almost

254
00:08:41,190 --> 00:08:38,800
you know like the frog fish

255
00:08:42,790 --> 00:08:41,200
that it blends in with its environment

256
00:08:45,829 --> 00:08:42,800
and in many respects

257
00:08:47,430 --> 00:08:45,839
the reason why q anon has become such i

258
00:08:49,430 --> 00:08:47,440
mean a phenomenon

259
00:08:50,949 --> 00:08:49,440
is that no matter where it's going it's

260
00:08:53,910 --> 00:08:50,959
changing ever so slightly

261
00:08:54,949 --> 00:08:53,920
so there is the basis of belief about

262
00:08:57,030 --> 00:08:54,959
you know the

263
00:08:58,710 --> 00:08:57,040

blood the cabal that's running things

264

00:08:59,829 --> 00:08:58,720

and they've been in charge forever

265

00:09:02,230 --> 00:08:59,839

and they're drinking the blood of

266

00:09:03,509 --> 00:09:02,240

children and trafficking children and

267

00:09:05,590 --> 00:09:03,519

and raping the children and doing all

268

00:09:06,070 --> 00:09:05,600

these horrible things and then it starts

269

00:09:08,389 --> 00:09:06,080

to

270

00:09:09,910 --> 00:09:08,399

get larger and it's taking on local

271

00:09:11,910 --> 00:09:09,920

flavor so in france

272

00:09:13,750 --> 00:09:11,920

it's connected to the yellow jackets in

273

00:09:16,230 --> 00:09:13,760

britain it's brexit

274

00:09:17,110 --> 00:09:16,240

in germany it's anti-immigrant and it's

275

00:09:20,230 --> 00:09:17,120

talking about

276

00:09:21,590 --> 00:09:20,240

there was a series of um attacks against

277

00:09:24,710 --> 00:09:21,600

women by muslim

278

00:09:26,710 --> 00:09:24,720

groups and they were sexually harassed

279

00:09:27,829 --> 00:09:26,720

at uh whether it was new year's eve or

280

00:09:30,070 --> 00:09:27,839

some other holidays

281

00:09:31,829 --> 00:09:30,080

so they're they're connecting with a

282

00:09:33,910 --> 00:09:31,839

fertile environment

283

00:09:35,030 --> 00:09:33,920

about something else and and the example

284

00:09:36,550 --> 00:09:35,040

we use in the book

285

00:09:38,470 --> 00:09:36,560

is that it's like the sticky ball

286

00:09:39,910 --> 00:09:38,480

rolling down the hill and it's picking

287

00:09:42,470 --> 00:09:39,920

up things along the way

288

00:09:44,310 --> 00:09:42,480

and it's getting ever ever larger but

289

00:09:47,990 --> 00:09:44,320

it's never quite the same

290

00:09:49,750 --> 00:09:48,000

depending on who believes it and in part

291

00:09:51,030 --> 00:09:49,760

and i'm so sad that i read your book

292

00:09:52,949 --> 00:09:51,040

after we wrote the book

293

00:09:54,230 --> 00:09:52,959

because you hit the nail on the head

294

00:09:55,750 --> 00:09:54,240

when you talk about

295

00:09:57,910 --> 00:09:55,760

you know people get to the point at

296

00:10:00,790 --> 00:09:57,920

which oh no no that's too crazy for me

297

00:10:02,630 --> 00:10:00,800

lizard people no that's my line and so

298

00:10:04,710 --> 00:10:02,640

what we were seeing is

299

00:10:06,870 --> 00:10:04,720

not everyone who's in q anon believes

300

00:10:09,350 --> 00:10:06,880

all of it they may believe portions

301

00:10:11,110 --> 00:10:09,360

but the portion they believe is about

302

00:10:14,630 --> 00:10:11,120

the blood drinking cabal

303

00:10:16,470 --> 00:10:14,640

that are you know exploiting children

304

00:10:18,389 --> 00:10:16,480

yeah which is pretty extreme in itself i

305

00:10:19,190 --> 00:10:18,399

would say uh and most people i think

306

00:10:21,110 --> 00:10:19,200

would say that

307

00:10:23,269 --> 00:10:21,120

it's it's obviously been a big part of

308

00:10:23,670 --> 00:10:23,279

the news over the last uh last year or

309

00:10:25,750 --> 00:10:23,680

so

310

00:10:27,430 --> 00:10:25,760

and you know one thing that i think

311

00:10:28,470 --> 00:10:27,440

shifted for me in my understanding of q

312

00:10:30,069 --> 00:10:28,480

anon was

313

00:10:32,069 --> 00:10:30,079

i i originally just thought it was just

314

00:10:35,350 --> 00:10:32,079

one another silly conspiracy theory

315

00:10:35,910 --> 00:10:35,360

but of course it's it seems to go a lot

316

00:10:38,630 --> 00:10:35,920

further

317

00:10:39,509 --> 00:10:38,640

than everything else to what extent do

318

00:10:43,829 --> 00:10:39,519

you feel

319

00:10:46,150 --> 00:10:43,839

that q anon is an emergent

320

00:10:47,190 --> 00:10:46,160

uh phenomenon versus something that is

321

00:10:50,310 --> 00:10:47,200

being directed

322

00:10:53,350 --> 00:10:50,320

or manipulated or at least enhanced

323

00:10:54,949 --> 00:10:53,360

uh by external forces like

324

00:10:57,030 --> 00:10:54,959

other countries and people within this

325

00:10:59,509 --> 00:10:57,040

country i'm gonna

326

00:11:00,389 --> 00:10:59,519

just very quickly say that we know at

327

00:11:03,990 --> 00:11:00,399

the outset

328

00:11:05,910 --> 00:11:04,000

in october 2017 russian like the

329

00:11:07,269 --> 00:11:05,920

internet research agency that was so

330

00:11:09,670 --> 00:11:07,279

involved in 2016

331

00:11:12,069 --> 00:11:09,680

helped amplify q anon we are we were

332

00:11:13,910 --> 00:11:12,079

also seeing the role of china and other

333

00:11:15,590 --> 00:11:13,920

malign foreign actors that have been

334

00:11:17,990 --> 00:11:15,600

involved in disinformation

335

00:11:18,630 --> 00:11:18,000

so we've seen that the role they play

336

00:11:21,430 --> 00:11:18,640

has been

337

00:11:22,550 --> 00:11:21,440

ultimately to weaken american

338

00:11:24,550 --> 00:11:22,560

institutions

339

00:11:26,470 --> 00:11:24,560
and our democracy our faith in

340

00:11:29,670 --> 00:11:26,480
government faith in elections

341

00:11:31,590 --> 00:11:29,680
and also the mainstream media but sophia

342

00:11:33,269 --> 00:11:31,600
i think you you wanted to follow up with

343

00:11:36,790 --> 00:11:33,279
that

344

00:11:40,470 --> 00:11:36,800
yeah we think it's a synergy between

345

00:11:43,590 --> 00:11:40,480
these grassroots movements that um

346

00:11:46,230 --> 00:11:43,600
offer a way to channel uh collective

347

00:11:47,110 --> 00:11:46,240
rage and and collective grievances

348

00:11:48,710 --> 00:11:47,120
through these

349

00:11:50,949 --> 00:11:48,720
narratives that they built together

350

00:11:54,310 --> 00:11:50,959
online in puzzle-like

351
00:11:55,990 --> 00:11:54,320
sequences of interactions um

352
00:11:57,910 --> 00:11:56,000
which makes it very attractive for a lot

353
00:11:59,910 --> 00:11:57,920
of people because you know we're living

354
00:12:01,509 --> 00:11:59,920
in times of unprecedented changes and

355
00:12:03,430 --> 00:12:01,519
colgate was a major

356
00:12:05,590 --> 00:12:03,440
unprecedented change and and now

357
00:12:07,350 --> 00:12:05,600
vaccines are offering a new fertile

358
00:12:10,550 --> 00:12:07,360
ground for

359
00:12:12,949 --> 00:12:10,560
exploring one's creativity right um so

360
00:12:16,069 --> 00:12:12,959
on the one side you have this

361
00:12:17,030 --> 00:12:16,079
um role that q anon plays um for a lot

362
00:12:20,629 --> 00:12:17,040
of people

363
00:12:24,150 --> 00:12:20,639

of of being a an easily reached

364

00:12:24,470 --> 00:12:24,160

connection to other people to um to

365

00:12:27,990 --> 00:12:24,480

share

366

00:12:31,670 --> 00:12:28,000

emotions to air grievances to

367

00:12:32,310 --> 00:12:31,680

kind of basically synchronize a lot of

368

00:12:35,269 --> 00:12:32,320

their

369

00:12:35,750 --> 00:12:35,279

um attitudes and ideas and on the other

370

00:12:37,750 --> 00:12:35,760

hand

371

00:12:39,829 --> 00:12:37,760

you have very savvy political operatives

372

00:12:42,069 --> 00:12:39,839

who are capitalizing

373

00:12:44,069 --> 00:12:42,079

on how easy it is to reach these same

374

00:12:45,190 --> 00:12:44,079

people because you know q and on and all

375

00:12:48,069 --> 00:12:45,200

these ideas are

376

00:12:49,590 --> 00:12:48,079

at our fingertips 24 hours a day right

377

00:12:52,389 --> 00:12:49,600

through our screens

378

00:12:53,430 --> 00:12:52,399

and they're either explaining it for

379

00:12:56,870 --> 00:12:53,440

material gains

380

00:12:59,509 --> 00:12:56,880

through merchandising and fundraising

381

00:13:00,310 --> 00:12:59,519

or they're exploiting this grassroots

382

00:13:02,550 --> 00:13:00,320

movement

383

00:13:04,949 --> 00:13:02,560

for political power which we've seen in

384

00:13:07,990 --> 00:13:04,959

in some of american politicians

385

00:13:10,550 --> 00:13:08,000

or as mia mentioned we we see a number

386

00:13:13,670 --> 00:13:10,560

of political players from abroad

387

00:13:17,350 --> 00:13:13,680

use q anon as a lever

388

00:13:18,310 --> 00:13:17,360

to widen the divides in the american

389

00:13:21,350 --> 00:13:18,320

population

390

00:13:24,150 --> 00:13:21,360

and then exploit these fissures these

391

00:13:27,430 --> 00:13:24,160

tectonic plates you know breaking apart

392

00:13:29,509 --> 00:13:27,440

and drifting farther apart yeah

393

00:13:30,710 --> 00:13:29,519

and in some ways the uh you mentioned

394

00:13:33,670 --> 00:13:30,720

the russians and

395

00:13:35,190 --> 00:13:33,680

one of the the you know where the the

396

00:13:37,110 --> 00:13:35,200

fundamental things in conspiracy

397

00:13:39,670 --> 00:13:37,120

theories is this anti-semitic

398

00:13:40,310 --> 00:13:39,680

uh thing and the protocols of the

399

00:13:42,629 --> 00:13:40,320

learned

400

00:13:43,829 --> 00:13:42,639

elders of zion was something i believe

401
00:13:47,350 --> 00:13:43,839
that was created

402
00:13:48,870 --> 00:13:47,360
essentially as russian propaganda uh

403
00:13:51,590 --> 00:13:48,880
not sure exactly how long ago like

404
00:13:55,230 --> 00:13:51,600
around 100 1903

405
00:13:56,949 --> 00:13:55,240
right yeah so over over 100 years ago uh

406
00:13:58,870 --> 00:13:56,959
118.

407
00:14:00,150 --> 00:13:58,880
they were kind of doing the same thing

408
00:14:01,910 --> 00:14:00,160
and and this is

409
00:14:04,389 --> 00:14:01,920
in some ways it's something i think that

410
00:14:05,269 --> 00:14:04,399
that you know it's not unique to russia

411
00:14:07,990 --> 00:14:05,279
obviously like

412
00:14:09,990 --> 00:14:08,000
all countries do some kind of propaganda

413
00:14:13,350 --> 00:14:10,000

uh you know the us obviously has

414

00:14:17,189 --> 00:14:13,360

propaganda outlets and historically has

415

00:14:19,189 --> 00:14:17,199

has had them uh to to other countries

416

00:14:20,710 --> 00:14:19,199

but you know to what extent do you think

417

00:14:23,110 --> 00:14:20,720

this is

418

00:14:24,710 --> 00:14:23,120

like that like what the russians were

419

00:14:25,829 --> 00:14:24,720

trying to do with the protocols of the

420

00:14:29,030 --> 00:14:25,839

elders of zion

421

00:14:30,550 --> 00:14:29,040

you know 118 years ago so one of the

422

00:14:32,389 --> 00:14:30,560

things that we did in the book is

423

00:14:35,350 --> 00:14:32,399

you know you would very often hear that

424

00:14:36,550 --> 00:14:35,360

q anon is based on anti-semitic tropes

425

00:14:37,430 --> 00:14:36,560

and then no one would tell you what the

426

00:14:40,310 --> 00:14:37,440

tropes were

427

00:14:41,670 --> 00:14:40,320

so we actually did a deep dive and we we

428

00:14:43,189 --> 00:14:41,680

presented in the book

429

00:14:44,949 --> 00:14:43,199

sort of where do the protocols of

430

00:14:46,550 --> 00:14:44,959

elder's design come from and if you

431

00:14:47,670 --> 00:14:46,560

think about at the turn of the century

432

00:14:50,230 --> 00:14:47,680

in 1902

433

00:14:51,590 --> 00:14:50,240

and you had the czar in place still he

434

00:14:53,590 --> 00:14:51,600

hadn't been overthrown yet

435

00:14:56,389 --> 00:14:53,600

during the russian revolution but what

436

00:14:59,189 --> 00:14:56,399

did he see he saw throughout europe

437

00:15:00,069 --> 00:14:59,199

these movements for democracy and he saw

438

00:15:02,790 --> 00:15:00,079

you know again

439

00:15:04,150 --> 00:15:02,800

he perceived them as being jewish run

440

00:15:06,949 --> 00:15:04,160

and then at home

441

00:15:07,990 --> 00:15:06,959

marxism he also perceived as being

442

00:15:09,990 --> 00:15:08,000

jewish run

443

00:15:11,509 --> 00:15:10,000

and so when the czar secret police

444

00:15:13,990 --> 00:15:11,519

forged this document

445

00:15:16,550 --> 00:15:14,000

which they cobbled together was also

446

00:15:18,949 --> 00:15:16,560

plagiarized from existing materials

447

00:15:20,470 --> 00:15:18,959

in part it was because the czar was

448

00:15:21,670 --> 00:15:20,480

looking at the jews and the pail of

449

00:15:25,430 --> 00:15:21,680

settlement going

450

00:15:28,870 --> 00:15:25,440

you know these unruly members of of my

451
00:15:30,069 --> 00:15:28,880
kingdom or with zardom are are really

452
00:15:32,310 --> 00:15:30,079
quite troublesome

453
00:15:34,150 --> 00:15:32,320
i need to find a way to get rid of them

454
00:15:36,310 --> 00:15:34,160
and minimize their influence

455
00:15:38,230 --> 00:15:36,320
and if you think about it it would have

456
00:15:39,350 --> 00:15:38,240
ended there because the times of london

457
00:15:41,910 --> 00:15:39,360
right away

458
00:15:43,110 --> 00:15:41,920
recognized it as a forgery but then in

459
00:15:44,949 --> 00:15:43,120
the 1920s

460
00:15:47,509 --> 00:15:44,959
henry ford took over the dearborn

461
00:15:48,710 --> 00:15:47,519
independent and he brought the protocols

462
00:15:51,670 --> 00:15:48,720
of the elders of zion

463
00:15:54,150 --> 00:15:51,680

to america called the international jew

464

00:15:55,430 --> 00:15:54,160

translated it to american english and

465

00:15:58,069 --> 00:15:55,440

gave it new life

466

00:15:59,509 --> 00:15:58,079

and so this is why you have not only the

467

00:16:02,790 --> 00:15:59,519

protocols appearing

468

00:16:05,829 --> 00:16:02,800

in every anti-semitic movement

469

00:16:08,629 --> 00:16:05,839

from 1902 on but it's part of

470

00:16:10,230 --> 00:16:08,639

mein kampf so hitler read it it's been

471

00:16:12,870 --> 00:16:10,240

translated into every

472

00:16:13,269 --> 00:16:12,880

language on the planet and and we we

473

00:16:15,509 --> 00:16:13,279

actually

474

00:16:17,829 --> 00:16:15,519

included this it's a funny story the

475

00:16:18,550 --> 00:16:17,839

saudi you know in the saudi uh royal

476

00:16:21,030 --> 00:16:18,560

family

477

00:16:22,550 --> 00:16:21,040

whenever there's an american visitor

478

00:16:24,790 --> 00:16:22,560

like vip and this would have been

479

00:16:26,389 --> 00:16:24,800

obviously before benzemic uh they would

480

00:16:28,150 --> 00:16:26,399

give them this beautiful

481

00:16:29,829 --> 00:16:28,160

leather embossed version of the

482

00:16:31,990 --> 00:16:29,839

protocols of the elder zion

483

00:16:32,949 --> 00:16:32,000

and you had all these american

484

00:16:34,870 --> 00:16:32,959

congressmen

485

00:16:36,710 --> 00:16:34,880

and senators trying to figure out how to

486

00:16:37,269 --> 00:16:36,720

get rid of it before we got back to the

487

00:16:39,110 --> 00:16:37,279

states

488

00:16:41,670 --> 00:16:39,120

because they did not want it found on

489

00:16:43,910 --> 00:16:41,680

their person so this is where

490

00:16:45,990 --> 00:16:43,920

you know we've been waiting for the

491

00:16:47,990 --> 00:16:46,000

arabic q anon we actually have

492

00:16:49,350 --> 00:16:48,000

a member of our research team who's

493

00:16:51,749 --> 00:16:49,360

fluent in arabic

494

00:16:52,870 --> 00:16:51,759

waiting for it because they already have

495

00:16:55,030 --> 00:16:52,880

the protocols

496

00:16:56,470 --> 00:16:55,040

they already love conspiracies in arabic

497

00:16:59,670 --> 00:16:56,480

they called muammarat

498

00:17:00,870 --> 00:16:59,680

they love conspiracies so that's the one

499

00:17:03,110 --> 00:17:00,880

part of the world

500

00:17:04,150 --> 00:17:03,120

that hasn't had that much q and on just

501
00:17:05,590 --> 00:17:04,160
yet

502
00:17:07,189 --> 00:17:05,600
it was fascinating i didn't didn't

503
00:17:09,429 --> 00:17:07,199
realize that about uh

504
00:17:11,029 --> 00:17:09,439
that part of the world it was uh yeah i

505
00:17:13,350 --> 00:17:11,039
think uh

506
00:17:14,309 --> 00:17:13,360
you know we often think of conspiracy

507
00:17:16,789 --> 00:17:14,319
theories as a

508
00:17:17,990 --> 00:17:16,799
uniquely american thing um we we view

509
00:17:19,510 --> 00:17:18,000
them in an american context

510
00:17:21,429 --> 00:17:19,520
we think of the moon landings being fake

511
00:17:23,590 --> 00:17:21,439
we think of you know 911 being an inside

512
00:17:24,549 --> 00:17:23,600
job we think of jfk being assassinated

513
00:17:26,789 --> 00:17:24,559

but of course

514

00:17:29,029 --> 00:17:26,799

all the other countries they all have uh

515

00:17:31,909 --> 00:17:29,039

conspiracy theories as well

516

00:17:32,630 --> 00:17:31,919

but what it seems to me is that a lot of

517

00:17:36,310 --> 00:17:32,640

them also

518

00:17:38,390 --> 00:17:36,320

import american conspiracy theories

519

00:17:40,310 --> 00:17:38,400

and that seems to be very much happening

520

00:17:42,630 --> 00:17:40,320

with with cue and honor

521

00:17:44,470 --> 00:17:42,640

i was teaching a seminar on conspiracy

522

00:17:46,230 --> 00:17:44,480

theory while we were writing the book

523

00:17:48,230 --> 00:17:46,240

and one of the things that came up and i

524

00:17:50,549 --> 00:17:48,240

think that this is in the literature

525

00:17:51,909 --> 00:17:50,559

it's fairly consistent that almost

526

00:17:53,909 --> 00:17:51,919

everyone believes in at least one

527

00:17:56,549 --> 00:17:53,919

conspiracy theory so for me

528

00:17:57,750 --> 00:17:56,559

i was always curious whether lady diana

529

00:17:59,430 --> 00:17:57,760

spencer

530

00:18:01,430 --> 00:17:59,440

did she die accidentally or was it

531

00:18:04,470 --> 00:18:01,440

because she was dating dodi fayed

532

00:18:05,830 --> 00:18:04,480

and the idea that the stepfather of the

533

00:18:08,310 --> 00:18:05,840

future king would be an

534

00:18:09,029 --> 00:18:08,320

arab was something that didn't sit well

535

00:18:11,270 --> 00:18:09,039

with

536

00:18:13,590 --> 00:18:11,280

members of the royal family right so i

537

00:18:14,150 --> 00:18:13,600

think everyone believes in a conspiracy

538

00:18:16,950 --> 00:18:14,160

theory

539

00:18:18,230 --> 00:18:16,960

but then it just matters to what extent

540

00:18:21,750 --> 00:18:18,240

they're willing to

541

00:18:23,590 --> 00:18:21,760

have the entire world dictate you know

542

00:18:24,870 --> 00:18:23,600

that there's nothing you can trust and

543

00:18:26,710 --> 00:18:24,880

the mainstream media

544

00:18:28,630 --> 00:18:26,720

is out to get you and that there are

545

00:18:30,390 --> 00:18:28,640

these cabals that are pulling the

546

00:18:33,350 --> 00:18:30,400

strings like the puppet masters

547

00:18:35,029 --> 00:18:33,360

but we do see that there are conspiracy

548

00:18:37,270 --> 00:18:35,039

theories all over the world

549

00:18:38,710 --> 00:18:37,280

and a lot of them have this local

550

00:18:40,870 --> 00:18:38,720

connection

551

00:18:43,190 --> 00:18:40,880

uh i was quite surprised to learn just

552

00:18:45,430 --> 00:18:43,200

how popular q anon was was in

553

00:18:46,230 --> 00:18:45,440

the uk my home country and just because

554

00:18:47,909 --> 00:18:46,240

it's uh

555

00:18:50,150 --> 00:18:47,919

you get people in the uk who became

556

00:18:51,510 --> 00:18:50,160

obsessed with the american election

557

00:18:53,029 --> 00:18:51,520

uh which is certainly something that

558

00:18:53,909 --> 00:18:53,039

would never have happened when when i

559

00:18:55,909 --> 00:18:53,919

was growing up in

560

00:18:57,190 --> 00:18:55,919

in the uk we barely paid any attention

561

00:18:59,190 --> 00:18:57,200

to it at all

562

00:19:01,270 --> 00:18:59,200

uh but now it seems to be the you know a

563

00:19:03,990 --> 00:19:01,280

large part of people's existence

564

00:19:06,470 --> 00:19:04,000

it was the children campaign last year

565

00:19:08,310 --> 00:19:06,480

that pushed over the top there were 20

566

00:19:09,909 --> 00:19:08,320

different demonstrations throughout the

567

00:19:13,510 --> 00:19:09,919

uk last summer

568

00:19:16,549 --> 00:19:13,520

for save the children and it's this idea

569

00:19:19,029 --> 00:19:16,559

that we individually all have to

570

00:19:19,590 --> 00:19:19,039

prevent this child trafficking and you

571

00:19:22,950 --> 00:19:19,600

know

572

00:19:24,630 --> 00:19:22,960

the exploitation of the children it's a

573

00:19:26,870 --> 00:19:24,640

way of making

574

00:19:28,630 --> 00:19:26,880

every single person feel that it's their

575

00:19:31,430 --> 00:19:28,640

responsibility and duty

576

00:19:32,630 --> 00:19:31,440

to step up and so it's it's been a very

577

00:19:34,870 --> 00:19:32,640

effective campaign

578

00:19:36,630 --> 00:19:34,880

and it's been a very horrific campaign

579

00:19:37,750 --> 00:19:36,640

for the british charity save the

580

00:19:40,230 --> 00:19:37,760

children

581

00:19:41,430 --> 00:19:40,240

yes yeah which is you know i i recognize

582

00:19:43,110 --> 00:19:41,440

the name immediately because you know i

583

00:19:45,590 --> 00:19:43,120

grew up in the uk and say the children

584

00:19:47,270 --> 00:19:45,600

was an extremely uh popular charity

585

00:19:48,950 --> 00:19:47,280

uh when i was growing up and well

586

00:19:50,870 --> 00:19:48,960

regarded and now of course the name was

587

00:19:53,669 --> 00:19:50,880

being kind of uh

588

00:19:54,470 --> 00:19:53,679

corrupted by the association with q

589

00:19:55,990 --> 00:19:54,480

anon

590

00:19:57,750 --> 00:19:56,000

uh but it kind of brings me to like the

591

00:19:58,710 --> 00:19:57,760

next point which is you know something

592

00:20:01,590 --> 00:19:58,720

that the book is

593

00:20:02,710 --> 00:20:01,600

kind of about pastels and pedophiles is

594

00:20:05,750 --> 00:20:02,720

the the female

595

00:20:08,470 --> 00:20:05,760

aspect of it uh and and

596

00:20:09,510 --> 00:20:08,480

you know the idea that humanoid in a way

597

00:20:11,510 --> 00:20:09,520

kind of became

598

00:20:12,950 --> 00:20:11,520

a little bit more feminized it started

599

00:20:15,149 --> 00:20:12,960

out as being this

600

00:20:16,390 --> 00:20:15,159

this thing that grew up in these toxic

601
00:20:19,909 --> 00:20:16,400
male-dominated

602
00:20:21,430 --> 00:20:19,919
uh message boards uh and it kind of made

603
00:20:25,110 --> 00:20:21,440
the shift

604
00:20:26,630 --> 00:20:25,120
uh can you describe how that happened

605
00:20:30,070 --> 00:20:26,640
and if it was

606
00:20:31,830 --> 00:20:30,080
a deliberate shift um so right that's

607
00:20:33,909 --> 00:20:31,840
another interesting difference

608
00:20:35,110 --> 00:20:33,919
between queuing on and traditional

609
00:20:37,990 --> 00:20:35,120
radical groups

610
00:20:38,950 --> 00:20:38,000
who tend to be male dominated and

611
00:20:41,590 --> 00:20:38,960
sometimes

612
00:20:42,789 --> 00:20:41,600
overtly you know forbid you know women

613
00:20:45,990 --> 00:20:42,799

from becoming part

614

00:20:49,190 --> 00:20:46,000
of their group um with q anon we

615

00:20:52,470 --> 00:20:49,200
saw um this interesting trend

616

00:20:55,990 --> 00:20:52,480
where yoga influencers

617

00:20:59,270 --> 00:20:56,000
and natural healing influencers

618

00:21:02,630 --> 00:20:59,280
and on instagram and on facebook began

619

00:21:05,830 --> 00:21:02,640
posting q a on content

620

00:21:07,750 --> 00:21:05,840
which overlapped with with their natural

621

00:21:09,510 --> 00:21:07,760
content so before they would say

622

00:21:10,950 --> 00:21:09,520
don't vaccinate your kids because it's

623

00:21:13,669 --> 00:21:10,960
going to cause autism

624

00:21:15,430 --> 00:21:13,679
and now they would say you know don't

625

00:21:17,029 --> 00:21:15,440
vaccinate

626

00:21:19,350 --> 00:21:17,039

kovit because it's going to turn your

627

00:21:21,990 --> 00:21:19,360

kids into lgbtq

628

00:21:22,549 --> 00:21:22,000

so they already had a very receptive

629

00:21:25,029 --> 00:21:22,559

crowd

630

00:21:26,870 --> 00:21:25,039

among their followers and it landed very

631

00:21:29,430 --> 00:21:26,880

well with them

632

00:21:30,230 --> 00:21:29,440

and of course it saved the children

633

00:21:31,909 --> 00:21:30,240

hashtag

634

00:21:34,310 --> 00:21:31,919

and all the messaging that came on put

635

00:21:35,510 --> 00:21:34,320

out spoke exclusively to women in a way

636

00:21:39,270 --> 00:21:35,520

that it didn't to men

637

00:21:41,750 --> 00:21:39,280

because you know many women have

638

00:21:42,710 --> 00:21:41,760

children of their own and they of course

639

00:21:46,630 --> 00:21:42,720

would

640

00:21:48,230 --> 00:21:46,640

have a kind of maternal instinct and a

641

00:21:50,070 --> 00:21:48,240

responsibility that they would feel to

642

00:21:53,110 --> 00:21:50,080

participate in this campaign

643

00:21:54,149 --> 00:21:53,120

um so that that became extremely popular

644

00:21:56,950 --> 00:21:54,159

with women

645

00:21:57,990 --> 00:21:56,960

and the third um interesting thing that

646

00:22:00,870 --> 00:21:58,000

happened was

647

00:22:01,990 --> 00:22:00,880

q anon really gained momentum at the

648

00:22:04,630 --> 00:22:02,000

same time as

649

00:22:06,390 --> 00:22:04,640

in the united states we had these really

650

00:22:08,470 --> 00:22:06,400

um

651
00:22:09,990 --> 00:22:08,480
polarizing political events happening

652
00:22:12,789 --> 00:22:10,000
around

653
00:22:14,149 --> 00:22:12,799
george floyd's murder and black lives

654
00:22:15,909 --> 00:22:14,159
matter protests

655
00:22:18,070 --> 00:22:15,919
and a lot of women especially white

656
00:22:19,270 --> 00:22:18,080
women who are middle class or upper

657
00:22:22,310 --> 00:22:19,280
middle class

658
00:22:24,630 --> 00:22:22,320
they didn't feel comfortable having

659
00:22:27,430 --> 00:22:24,640
these kinds of political discussions

660
00:22:28,549 --> 00:22:27,440
a lot of them are overtly or covertly

661
00:22:30,710 --> 00:22:28,559
racist

662
00:22:32,070 --> 00:22:30,720
and the alternative to having these

663
00:22:34,470 --> 00:22:32,080

political discussions

664

00:22:35,430 --> 00:22:34,480

was save the children because you would

665

00:22:38,149 --> 00:22:35,440

still be

666

00:22:39,270 --> 00:22:38,159

you know in this swirling political

667

00:22:41,669 --> 00:22:39,280

vortex

668

00:22:43,110 --> 00:22:41,679

but at the same time it's something that

669

00:22:45,029 --> 00:22:43,120

everybody could agree on

670

00:22:47,270 --> 00:22:45,039

in their social environment right so

671

00:22:49,190 --> 00:22:47,280

they bring up suffering children and who

672

00:22:50,710 --> 00:22:49,200

wouldn't want to

673

00:22:52,710 --> 00:22:50,720

you know do something about this

674

00:22:55,830 --> 00:22:52,720

horrible thing um so

675

00:22:56,950 --> 00:22:55,840

again a combination of factors that made

676
00:22:58,789 --> 00:22:56,960
q anon

677
00:23:00,549 --> 00:22:58,799
um we don't have the numbers because

678
00:23:02,470 --> 00:23:00,559
again of how large it is but

679
00:23:03,830 --> 00:23:02,480
it seems like at least 50 percent and

680
00:23:07,510 --> 00:23:03,840
maybe more

681
00:23:09,350 --> 00:23:07,520
um of q anon followers are women which

682
00:23:11,830 --> 00:23:09,360
which makes for an interesting situation

683
00:23:12,470 --> 00:23:11,840
because as as me as work and terrorism

684
00:23:15,190 --> 00:23:12,480
shows

685
00:23:16,630 --> 00:23:15,200
if you bring women on board to your

686
00:23:19,830 --> 00:23:16,640
political messaging

687
00:23:22,710 --> 00:23:19,840
you have a unique and very strong

688
00:23:24,390 --> 00:23:22,720

influence on their family members and me

689

00:23:24,950 --> 00:23:24,400

i'll let you speak about that a little

690

00:23:27,830 --> 00:23:24,960

more

691

00:23:29,350 --> 00:23:27,840

well so mick um my next book which is

692

00:23:30,390 --> 00:23:29,360

coming out in a few months it's in

693

00:23:33,430 --> 00:23:30,400

production now

694

00:23:36,149 --> 00:23:33,440

which was about the women in jihad

695

00:23:37,990 --> 00:23:36,159

and so it's called veiled threats and

696

00:23:39,190 --> 00:23:38,000

when you look at the way in which isis

697

00:23:41,269 --> 00:23:39,200

was recruiting

698

00:23:42,950 --> 00:23:41,279

the young girls from bethnal green

699

00:23:45,669 --> 00:23:42,960

academy in the uk

700

00:23:47,990 --> 00:23:45,679

they were asking young women did you

701
00:23:50,310 --> 00:23:48,000
want to help the orphans in syria

702
00:23:52,230 --> 00:23:50,320
and of course the answer was always yes

703
00:23:54,149 --> 00:23:52,240
and for me this is the equivalent of

704
00:23:56,149 --> 00:23:54,159
did you want to save the children

705
00:23:58,549 --> 00:23:56,159
because no one's going to say no

706
00:24:00,310 --> 00:23:58,559
to that question but it also speaks to

707
00:24:01,590 --> 00:24:00,320
women you know and again i don't want to

708
00:24:03,909 --> 00:24:01,600
give a stereotype

709
00:24:05,750 --> 00:24:03,919
that you know we're more maternal but i

710
00:24:09,190 --> 00:24:05,760
think it speaks to women at a very

711
00:24:09,830 --> 00:24:09,200
basic instinctive um way that they want

712
00:24:13,510 --> 00:24:09,840
to protect

713
00:24:15,909 --> 00:24:13,520

defenseless

714

00:24:16,870 --> 00:24:15,919

yeah yeah it's uh it's very interesting

715

00:24:18,470 --> 00:24:16,880

uh

716

00:24:19,990 --> 00:24:18,480

i it's very interesting how people get

717

00:24:22,950 --> 00:24:20,000

into uh the

718

00:24:24,789 --> 00:24:22,960

these you know non uh in specifically

719

00:24:25,110 --> 00:24:24,799

but conspiracy theories in general and

720

00:24:32,390 --> 00:24:25,120

uh

721

00:24:34,950 --> 00:24:32,400

you lay out this this idea of unfreezing

722

00:24:35,830 --> 00:24:34,960

where people kind of become uh unmoored

723

00:24:38,310 --> 00:24:35,840

from their

724

00:24:40,070 --> 00:24:38,320

their their norms their normal life

725

00:24:41,430 --> 00:24:40,080

something happens to them that they kind

726
00:24:44,789 --> 00:24:41,440
of change

727
00:24:47,350 --> 00:24:44,799
uh and they're seeking out uh

728
00:24:48,470 --> 00:24:47,360
kind of a new normal um sofia could you

729
00:24:51,269 --> 00:24:48,480
kind of talk about what

730
00:24:53,350 --> 00:24:51,279
what unfreezing actually is uh and how

731
00:24:56,789 --> 00:24:53,360
it works in this context

732
00:25:00,230 --> 00:24:56,799
right um unfreezing is actually a term

733
00:25:03,110 --> 00:25:00,240
that uh we talk about when we talk about

734
00:25:03,590 --> 00:25:03,120
radicalization to terrorism um because

735
00:25:06,710 --> 00:25:03,600
it is

736
00:25:09,430 --> 00:25:06,720
a pretty well researched pathway

737
00:25:11,110 --> 00:25:09,440
to radicalization when a person becomes

738
00:25:13,230 --> 00:25:11,120

disconnected from

739

00:25:15,510 --> 00:25:13,240

their community their their

740

00:25:16,390 --> 00:25:15,520

responsibilities their home life their

741

00:25:20,230 --> 00:25:16,400

work

742

00:25:23,510 --> 00:25:20,240

um and so there's no social norm

743

00:25:26,470 --> 00:25:23,520

to hold them to a standard

744

00:25:28,149 --> 00:25:26,480

they they maybe there is a tragedy that

745

00:25:29,830 --> 00:25:28,159

happened that

746

00:25:32,149 --> 00:25:29,840

makes them homeless or maybe they've

747

00:25:34,710 --> 00:25:32,159

relocated and don't have any

748

00:25:36,149 --> 00:25:34,720

anybody to turn to or you know maybe

749

00:25:37,669 --> 00:25:36,159

there's a war in the region and they

750

00:25:40,710 --> 00:25:37,679

become displaced

751

00:25:42,470 --> 00:25:40,720

um they come into the state of

752

00:25:43,909 --> 00:25:42,480

unfreezing which means like they're

753

00:25:47,350 --> 00:25:43,919

untethered to

754

00:25:50,230 --> 00:25:47,360

any moral scale any social

755

00:25:51,430 --> 00:25:50,240

normative system and so they're very

756

00:25:53,510 --> 00:25:51,440

vulnerable to

757

00:25:54,710 --> 00:25:53,520

radicalization efforts which a lot of

758

00:25:57,909 --> 00:25:54,720

radical groups

759

00:25:59,990 --> 00:25:57,919

and cults know about and they seek out

760

00:26:02,149 --> 00:26:00,000

individuals in this state specifically

761

00:26:05,190 --> 00:26:02,159

so you know cult recruiters

762

00:26:06,390 --> 00:26:05,200

often go to train stations and look for

763

00:26:08,310 --> 00:26:06,400

people who look kind of

764

00:26:10,310 --> 00:26:08,320

lost and miserable and then approach

765

00:26:12,870 --> 00:26:10,320

them and talk to them because they know

766

00:26:14,789 --> 00:26:12,880

that in this state if you offer the

767

00:26:18,710 --> 00:26:14,799

person companionship

768

00:26:20,789 --> 00:26:18,720

and a warm meal and a place to sleep

769

00:26:22,710 --> 00:26:20,799

they will accept the ideology that comes

770

00:26:25,909 --> 00:26:22,720

with it without questioning it

771

00:26:28,870 --> 00:26:25,919

and so what happened to us all

772

00:26:30,630 --> 00:26:28,880

in the past few years is a kind of a

773

00:26:33,590 --> 00:26:30,640

massive unfreezing

774

00:26:35,190 --> 00:26:33,600

there was so much change change going on

775

00:26:37,430 --> 00:26:35,200

politically

776

00:26:39,750 --> 00:26:37,440

in the united states you know we had

777

00:26:40,630 --> 00:26:39,760

trump presidency that was deliberately

778

00:26:42,230 --> 00:26:40,640

undermining

779

00:26:43,750 --> 00:26:42,240

traditional ways of doing things and

780

00:26:46,549 --> 00:26:43,760

traditional norms

781

00:26:48,070 --> 00:26:46,559

and it made a lot of us question you

782

00:26:48,789 --> 00:26:48,080

know what's right and what's wrong and

783

00:26:52,070 --> 00:26:48,799

who

784

00:26:55,190 --> 00:26:52,080

is there to protect us versus to take

785

00:26:58,470 --> 00:26:55,200

take advantage of us um we had

786

00:26:58,789 --> 00:26:58,480

a few sex scandals with figures that

787

00:27:01,909 --> 00:26:58,799

were

788

00:27:04,470 --> 00:27:01,919

until then held in very high regard so

789

00:27:06,390 --> 00:27:04,480

hollywood elite like harvey weinstein or

790

00:27:09,590 --> 00:27:06,400

bill cosby or

791

00:27:10,390 --> 00:27:09,600

washington elite like bill clinton or um

792

00:27:13,590 --> 00:27:10,400

anthony

793

00:27:14,149 --> 00:27:13,600

weiner um all of these stories chipped

794

00:27:17,350 --> 00:27:14,159

away

795

00:27:20,310 --> 00:27:17,360

at our trust in institutions

796

00:27:21,830 --> 00:27:20,320

and and the political hierarchy and the

797

00:27:23,830 --> 00:27:21,840

law as well

798

00:27:25,110 --> 00:27:23,840

because how could these atrocities go on

799

00:27:27,750 --> 00:27:25,120

for so long

800

00:27:28,230 --> 00:27:27,760

and nobody was there to stop them right

801
00:27:30,230 --> 00:27:28,240
um

802
00:27:31,750 --> 00:27:30,240
and also you know of course the covet

803
00:27:34,870 --> 00:27:31,760
pandemic made

804
00:27:38,549 --> 00:27:34,880
a particularly poignant emphasis

805
00:27:41,990 --> 00:27:38,559
on it but even until then the

806
00:27:45,510 --> 00:27:42,000
science and and pharmaceutical industry

807
00:27:46,870 --> 00:27:45,520
and medical industry were being kind of

808
00:27:50,310 --> 00:27:46,880
shaken by a number of

809
00:27:52,549 --> 00:27:50,320
very public scandals that exposed abuses

810
00:27:53,750 --> 00:27:52,559
of their power and privilege such as the

811
00:27:56,230 --> 00:27:53,760
opioid crisis

812
00:27:57,669 --> 00:27:56,240
and and all of these you know pesticides

813
00:28:00,070 --> 00:27:57,679

and poisons that we

814

00:28:01,590 --> 00:28:00,080

discover have been in our food and were

815

00:28:01,990 --> 00:28:01,600

covered up by an industry that was

816

00:28:05,510 --> 00:28:02,000

supposed

817

00:28:08,470 --> 00:28:05,520

to stand guard right so we have

818

00:28:09,669 --> 00:28:08,480

a lot of us experienced something like

819

00:28:11,669 --> 00:28:09,679

unfreezing

820

00:28:13,029 --> 00:28:11,679

um in its traditional sense on a very

821

00:28:14,789 --> 00:28:13,039

massive scale

822

00:28:16,230 --> 00:28:14,799

and so we were made to question our

823

00:28:18,389 --> 00:28:16,240

ideas of what's right what's wrong

824

00:28:21,190 --> 00:28:18,399

what's moral what is immoral

825

00:28:22,389 --> 00:28:21,200

who is the authority that we trust um

826

00:28:25,669 --> 00:28:22,399

and a lot of us came

827

00:28:26,870 --> 00:28:25,679

out of that questioning not trusting

828

00:28:28,870 --> 00:28:26,880

anybody really and

829

00:28:30,789 --> 00:28:28,880

seeking something completely different

830

00:28:34,070 --> 00:28:30,799

like 180 degree turn

831

00:28:37,350 --> 00:28:34,080

from the old and q anon of course

832

00:28:40,710 --> 00:28:37,360

swept in with this preposition that

833

00:28:43,110 --> 00:28:40,720

it's all a sham the government is all

834

00:28:44,549 --> 00:28:43,120

bad people the new hollywood elites are

835

00:28:47,830 --> 00:28:44,559

all pedophiles

836

00:28:49,830 --> 00:28:47,840

scientists are all quacks um

837

00:28:51,590 --> 00:28:49,840

and it spoke to a lot of people in the

838

00:28:54,310 --> 00:28:51,600

state of unfreezing and it made them

839

00:28:56,389 --> 00:28:54,320

listen to whatever stories cueing on

840

00:29:00,149 --> 00:28:56,399

told because in addition to this

841

00:29:03,269 --> 00:29:00,159

preposition q anon also was a community

842

00:29:05,669 --> 00:29:03,279

that offered support emotional support

843

00:29:06,710 --> 00:29:05,679

and companionship and somebody to talk

844

00:29:09,669 --> 00:29:06,720

to any time

845

00:29:10,630 --> 00:29:09,679

day or night with very little effort and

846

00:29:13,269 --> 00:29:10,640

so

847

00:29:15,590 --> 00:29:13,279

cueing on in a way was a radical

848

00:29:18,389 --> 00:29:15,600

movement that a lot of people

849

00:29:20,070 --> 00:29:18,399

um gravitated to as a result of this

850

00:29:21,990 --> 00:29:20,080

massive unfreezing

851
00:29:23,110 --> 00:29:22,000
yeah it's fascinating because it for me

852
00:29:25,750 --> 00:29:23,120
it resonates

853
00:29:26,149 --> 00:29:25,760
because it seems very similar to what

854
00:29:28,789 --> 00:29:26,159
i've

855
00:29:29,909 --> 00:29:28,799
uh experienced when i talk to conspiracy

856
00:29:31,590 --> 00:29:29,919
theories in you know the more

857
00:29:33,110 --> 00:29:31,600
traditional conspiracy theorists like

858
00:29:36,310 --> 00:29:33,120
people who have fallen into

859
00:29:39,029 --> 00:29:36,320
9 11 or even like the flat earth people

860
00:29:40,630 --> 00:29:39,039
they usually have something going on in

861
00:29:42,549 --> 00:29:40,640
their lives

862
00:29:44,389 --> 00:29:42,559
uh around the time that they have their

863
00:29:46,710 --> 00:29:44,399

their red pill moment

864

00:29:47,430 --> 00:29:46,720

uh and you know for a lot of them it's

865

00:29:50,789 --> 00:29:47,440

simply being

866

00:29:52,549 --> 00:29:50,799

unemployed and it's it's having a lot of

867

00:29:54,549 --> 00:29:52,559

spare time here's the old saying the

868

00:29:55,350 --> 00:29:54,559

devil will find work for idol hands to

869

00:29:57,830 --> 00:29:55,360

do

870

00:29:58,389 --> 00:29:57,840

which is kind of true because you know

871

00:30:01,750 --> 00:29:58,399

people's

872

00:30:03,430 --> 00:30:01,760

direction when they are like you say

873

00:30:06,789 --> 00:30:03,440

kind of untethered

874

00:30:08,070 --> 00:30:06,799

and unfrozen yeah one of the reasons

875

00:30:11,110 --> 00:30:08,080

it's going to be so popular

876

00:30:14,710 --> 00:30:11,120

in the uk there was the jimmy savile

877

00:30:16,870 --> 00:30:14,720

scandal and so it starts to look like

878

00:30:19,350 --> 00:30:16,880

well savile was friends with prince

879

00:30:19,909 --> 00:30:19,360

charles and he was at the palace all the

880

00:30:20,950 --> 00:30:19,919

time

881

00:30:23,269 --> 00:30:20,960

and then there were all these

882

00:30:25,990 --> 00:30:23,279

accusations around the royal family

883

00:30:26,870 --> 00:30:26,000

and so what happens is you only need the

884

00:30:29,909 --> 00:30:26,880

tiniest

885

00:30:31,430 --> 00:30:29,919

kernel of truth for some of these crazy

886

00:30:33,830 --> 00:30:31,440

conspiracy theories

887

00:30:34,789 --> 00:30:33,840

to start to sound like they make sense

888

00:30:37,190 --> 00:30:34,799

and and you know

889

00:30:39,110 --> 00:30:37,200

we often joke that even a broken clock

890

00:30:41,750 --> 00:30:39,120

is accurate twice a day

891

00:30:43,909 --> 00:30:41,760

so no matter how many times qnon was

892

00:30:46,389 --> 00:30:43,919

generating these crazy ideas

893

00:30:47,830 --> 00:30:46,399

and these falsehoods and prophecies that

894

00:30:49,510 --> 00:30:47,840

never saw fruition

895

00:30:50,950 --> 00:30:49,520

the one or two times that they could

896

00:30:53,669 --> 00:30:50,960

point to a real

897

00:30:55,350 --> 00:30:53,679

example made everything else seem

898

00:30:57,110 --> 00:30:55,360

plausible

899

00:30:59,110 --> 00:30:57,120

yeah you have the section in in the book

900

00:31:00,470 --> 00:30:59,120

called true lies where you talk about

901
00:31:03,669 --> 00:31:00,480
the various different things

902
00:31:06,630 --> 00:31:03,679
uh that's that people yeah

903
00:31:07,029 --> 00:31:06,640
raise concerns about uh which for them

904
00:31:12,710 --> 00:31:07,039
are

905
00:31:14,789 --> 00:31:12,720
uh and this was interesting for me

906
00:31:16,470 --> 00:31:14,799
because you know when i i talk about how

907
00:31:18,230 --> 00:31:16,480
to talk to people

908
00:31:19,909 --> 00:31:18,240
what i i talked to one of the things i

909
00:31:21,830 --> 00:31:19,919
mentioned is something that

910
00:31:25,110 --> 00:31:21,840
i think daniel dennett like suggested

911
00:31:27,269 --> 00:31:25,120
which is is validate their true concerns

912
00:31:29,029 --> 00:31:27,279
uh where you try to figure out you know

913
00:31:31,990 --> 00:31:29,039

what are they actually concerned about

914

00:31:33,029 --> 00:31:32,000

and then you know talk about about that

915

00:31:34,870 --> 00:31:33,039

it seems in a way

916

00:31:37,750 --> 00:31:34,880

that kind of approaches being somewhat

917

00:31:38,310 --> 00:31:37,760

weaponized like by q anon when they they

918

00:31:40,950 --> 00:31:38,320

take

919

00:31:42,310 --> 00:31:40,960

valid concerns and they just kind of

920

00:31:45,669 --> 00:31:42,320

tweak them and then lead them

921

00:31:45,990 --> 00:31:45,679

in a certain uh direction you you have

922

00:31:54,149 --> 00:31:46,000

the

923

00:31:55,909 --> 00:31:54,159

changing even like different

924

00:31:57,350 --> 00:31:55,919

changing dietary guidelines and things

925

00:31:58,630 --> 00:31:57,360

like that eggs are good one year and

926
00:32:00,389 --> 00:31:58,640
then the next year they're not they're

927
00:32:01,750 --> 00:32:00,399
not good and people start distrusting

928
00:32:05,029 --> 00:32:01,760
science it's a

929
00:32:07,029 --> 00:32:05,039
strange slippery slope uh but you've got

930
00:32:08,310 --> 00:32:07,039
this uh this really nice diagram which

931
00:32:11,269 --> 00:32:08,320
i'll pop up on screen

932
00:32:12,789 --> 00:32:11,279
uh when i do the final edit but uh it's

933
00:32:16,230 --> 00:32:12,799
it's kind of showing how you

934
00:32:17,750 --> 00:32:16,240
how people go from this state of these

935
00:32:20,950 --> 00:32:17,760
unfortunate social domains

936
00:32:24,389 --> 00:32:20,960
through what you describe as folklore

937
00:32:25,830 --> 00:32:24,399
uh which is this large collection of

938
00:32:26,630 --> 00:32:25,840

things and we're looking in this this

939

00:32:31,590 --> 00:32:26,640

little

940

00:32:33,909 --> 00:32:31,600

and you have you have flat earth

941

00:32:36,950 --> 00:32:33,919

in in folklore how does flat earth

942

00:32:40,070 --> 00:32:36,960

connect to human armor

943

00:32:43,110 --> 00:32:40,080

i think this flood earth is is one of

944

00:32:45,029 --> 00:32:43,120

the narratives within folklore

945

00:32:46,230 --> 00:32:45,039

that speaks to people who distrust

946

00:32:49,029 --> 00:32:46,240

science

947

00:32:51,110 --> 00:32:49,039

in general it also includes you know

948

00:32:53,110 --> 00:32:51,120

vaccine denialism and the idea that

949

00:32:55,190 --> 00:32:53,120

kovit was developed as a bioweapon and

950

00:32:56,310 --> 00:32:55,200

used by the cabal to capitalize on the

951
00:32:58,389 --> 00:32:56,320
pandemic

952
00:32:59,430 --> 00:32:58,399
and and mass production and things like

953
00:33:02,870 --> 00:32:59,440
that um

954
00:33:06,310 --> 00:33:02,880
and there is a a sizable proportion of q

955
00:33:08,950 --> 00:33:06,320
on followers who just distrust anything

956
00:33:10,789 --> 00:33:08,960
that comes out of a scientific journal

957
00:33:13,430 --> 00:33:10,799
or you know dr fauci's

958
00:33:15,750 --> 00:33:13,440
is the evil guy for them and so on and

959
00:33:19,269 --> 00:33:15,760
just to speak to what you just said

960
00:33:22,549 --> 00:33:19,279
um queuing on really i mean

961
00:33:25,830 --> 00:33:22,559
to put a positive spin on this disaster

962
00:33:30,470 --> 00:33:25,840
if we may um human really

963
00:33:33,830 --> 00:33:30,480

exposed to all of us whose eyes are open

964

00:33:36,230 --> 00:33:33,840

real problems we have with transparency

965

00:33:36,870 --> 00:33:36,240

in the government with accountability of

966

00:33:39,669 --> 00:33:36,880

people who

967

00:33:40,630 --> 00:33:39,679

are the elites with some of the

968

00:33:44,149 --> 00:33:40,640

unscrupulous

969

00:33:45,990 --> 00:33:44,159

practices among you know scientists and

970

00:33:47,110 --> 00:33:46,000

pharmaceuticals who stand to benefit

971

00:33:49,830 --> 00:33:47,120

financially from

972

00:33:50,710 --> 00:33:49,840

covering up certain research or you know

973

00:33:54,870 --> 00:33:50,720

doing

974

00:33:57,909 --> 00:33:54,880

shady research and so on and

975

00:33:59,830 --> 00:33:57,919

one way to seek hearing on is

976
00:34:01,029 --> 00:33:59,840
it's a lot of people who are hurting you

977
00:34:04,310 --> 00:34:01,039
know

978
00:34:07,590 --> 00:34:04,320
and whom to trust

979
00:34:10,790 --> 00:34:07,600
is a horrible place to be emotionally

980
00:34:13,270 --> 00:34:10,800
and cueing on narratives is their way of

981
00:34:13,909 --> 00:34:13,280
coping with this hurt i mean creating

982
00:34:17,190 --> 00:34:13,919
stories

983
00:34:20,310 --> 00:34:17,200
and telling our story is how we all we

984
00:34:22,470 --> 00:34:20,320
humans are processing pain

985
00:34:23,430 --> 00:34:22,480
that's why talk therapy can be really

986
00:34:25,909 --> 00:34:23,440
helpful

987
00:34:27,750 --> 00:34:25,919
so if we look at it from this

988
00:34:29,669 --> 00:34:27,760

perspective

989

00:34:31,430 --> 00:34:29,679

there are a lot of hurting people among

990

00:34:32,710 --> 00:34:31,440

us and they're hurting for reasons that

991

00:34:35,430 --> 00:34:32,720

are legitimate

992

00:34:36,069 --> 00:34:35,440

outside of the story they tell about you

993

00:34:39,589 --> 00:34:36,079

know

994

00:34:41,829 --> 00:34:39,599

instead of

995

00:34:42,710 --> 00:34:41,839

demonizing them which is an impulse that

996

00:34:45,589 --> 00:34:42,720

you know

997

00:34:46,869 --> 00:34:45,599

happens or or wanting to argue with them

998

00:34:49,990 --> 00:34:46,879

or put them down

999

00:34:51,109 --> 00:34:50,000

or just completely ignore them the best

1000

00:34:53,669 --> 00:34:51,119

thing we can take

1001

00:34:55,349 --> 00:34:53,679

out of this situation is we need to

1002

00:34:57,109 --> 00:34:55,359

solve a lot of problems

1003

00:34:59,829 --> 00:34:57,119

and we need to help a lot of these

1004

00:35:02,790 --> 00:34:59,839

people if we want to move on from this

1005

00:35:04,710 --> 00:35:02,800

as a single country as a society that's

1006

00:35:06,710 --> 00:35:04,720

capable of moving forward

1007

00:35:08,550 --> 00:35:06,720

with functioning institutions and a

1008

00:35:10,710 --> 00:35:08,560

functioning democracy

1009

00:35:12,390 --> 00:35:10,720

one of the things you've noticed is that

1010

00:35:14,550 --> 00:35:12,400

people tend to layer their con

1011

00:35:16,230 --> 00:35:14,560

their belief in conspiracy theories so

1012

00:35:18,069 --> 00:35:16,240

that if they are

1013

00:35:19,829 --> 00:35:18,079

uh if they believe that the moon landing

1014

00:35:21,270 --> 00:35:19,839

was faked there's a good chance they

1015

00:35:22,710 --> 00:35:21,280

also are a birther

1016

00:35:25,510 --> 00:35:22,720

there's a good chance that they also

1017

00:35:27,829 --> 00:35:25,520

believe that 911 was an inside job

1018

00:35:29,589 --> 00:35:27,839

and the chemtrails and so one of the

1019

00:35:31,670 --> 00:35:29,599

things that was unique about that image

1020

00:35:33,670 --> 00:35:31,680

was to give you this idea that cunan

1021

00:35:35,430 --> 00:35:33,680

had become almost you know as anna

1022

00:35:38,950 --> 00:35:35,440

merlin from the atlantic said

1023

00:35:41,990 --> 00:35:38,960

it was a you know it was like a

1024

00:35:45,510 --> 00:35:42,000

conspiracy singularity so now

1025

00:35:47,270 --> 00:35:45,520

q anon is able to absorb almost like the

1026

00:35:50,150 --> 00:35:47,280

borg and star trek

1027

00:35:51,670 --> 00:35:50,160

all of the pre-existing um conspiracy

1028

00:35:54,390 --> 00:35:51,680

theories that existed

1029

00:35:55,670 --> 00:35:54,400

years prior to it and so those people

1030

00:35:58,150 --> 00:35:55,680

don't feel isolated

1031

00:36:00,230 --> 00:35:58,160

tin foil hat wearing crazies anymore now

1032

00:36:02,310 --> 00:36:00,240

they're welcomed into a new community

1033

00:36:04,069 --> 00:36:02,320

yeah so the the flat earthers and the

1034

00:36:04,470 --> 00:36:04,079

911 people can kind of get together at

1035

00:36:07,510 --> 00:36:04,480

last

1036

00:36:09,750 --> 00:36:07,520

uh it's just it's very weird for me

1037

00:36:11,750 --> 00:36:09,760

uh because you know i could have lived

1038

00:36:12,550 --> 00:36:11,760

in this this conspiracy world for for a

1039

00:36:14,150 --> 00:36:12,560

while

1040

00:36:15,670 --> 00:36:14,160

and they have always been kind of you

1041

00:36:18,790 --> 00:36:15,680

know siloed and uh

1042

00:36:19,670 --> 00:36:18,800

isolated uh and you know the the people

1043

00:36:21,750 --> 00:36:19,680

who

1044

00:36:23,910 --> 00:36:21,760

were flat earth people would not talk to

1045

00:36:25,990 --> 00:36:23,920

911 people 911 people wouldn't talk to

1046

00:36:28,069 --> 00:36:26,000

ufo people ufo people wouldn't talk to

1047

00:36:29,750 --> 00:36:28,079

the chemtrail people

1048

00:36:31,589 --> 00:36:29,760

and now the idea that they've all kind

1049

00:36:34,630 --> 00:36:31,599

of come together

1050

00:36:37,750 --> 00:36:34,640

is is is is very strange to me

1051

00:36:38,390 --> 00:36:37,760

and i think it's kind of a new world in

1052

00:36:42,390 --> 00:36:38,400

a way

1053

00:36:44,790 --> 00:36:42,400

and i think the these these individual

1054

00:36:45,750 --> 00:36:44,800

people who just focus on one conspiracy

1055

00:36:47,910 --> 00:36:45,760

theory

1056

00:36:49,430 --> 00:36:47,920

are going to kind of fade away to a

1057

00:36:49,829 --> 00:36:49,440

degree and you're going to have more and

1058

00:36:52,950 --> 00:36:49,839

more

1059

00:36:54,150 --> 00:36:52,960

of this meta conspiracies where

1060

00:36:56,230 --> 00:36:54,160

everything is is

1061

00:36:57,270 --> 00:36:56,240

enclosed together which is interesting

1062

00:36:59,990 --> 00:36:57,280

to see

1063

00:37:02,069 --> 00:37:00,000

how it plays out over the coming years

1064

00:37:04,790 --> 00:37:02,079

but i think your instinct about

1065

00:37:07,190 --> 00:37:04,800

identifying this is from your book but

1066

00:37:10,390 --> 00:37:07,200

identifying where someone's limit

1067

00:37:13,510 --> 00:37:10,400

is and then starting from that point and

1068

00:37:15,430 --> 00:37:13,520

and working backwards is very similar to

1069

00:37:18,390 --> 00:37:15,440

what sophia's been advocating

1070

00:37:19,270 --> 00:37:18,400

and so before we even talked about being

1071

00:37:22,390 --> 00:37:19,280

on your show

1072

00:37:23,190 --> 00:37:22,400

i'd written you a fan letter to say by

1073

00:37:25,109 --> 00:37:23,200

the way

1074

00:37:26,310 --> 00:37:25,119

i just read your book and i've listened

1075

00:37:29,510 --> 00:37:26,320

to your podcast

1076

00:37:31,510 --> 00:37:29,520

and i absolutely love it because i don't

1077

00:37:31,910 --> 00:37:31,520

know if you're trained as a psychologist

1078

00:37:35,190 --> 00:37:31,920

but

1079

00:37:36,950 --> 00:37:35,200

your instincts were so good to identify

1080

00:37:39,990 --> 00:37:36,960

the parameters of belief

1081

00:37:42,710 --> 00:37:40,000

and where the disbelief begins

1082

00:37:45,190 --> 00:37:42,720

and that's your starting point yeah i'm

1083

00:37:48,630 --> 00:37:45,200

not trained as anything

1084

00:37:51,430 --> 00:37:48,640

uh except for 3d graphics and computers

1085

00:37:53,109 --> 00:37:51,440

uh but uh i think what it comes from is

1086

00:37:55,670 --> 00:37:53,119

just simply talking to a lot of people

1087

00:37:56,790 --> 00:37:55,680

and uh you know a lot uh a lot of the

1088

00:37:58,550 --> 00:37:56,800

time people

1089

00:38:00,310 --> 00:37:58,560

form their opinions about conspiracy

1090

00:38:02,310 --> 00:38:00,320

theories and conspiracy theorists

1091

00:38:04,390 --> 00:38:02,320

without ever really interacting

1092

00:38:05,349 --> 00:38:04,400

with any of them and you get this idea

1093

00:38:07,349 --> 00:38:05,359

that they're just

1094

00:38:09,190 --> 00:38:07,359

tinfoil hat wearing crazies which some

1095

00:38:12,150 --> 00:38:09,200

of them are but a lot of them are just

1096

00:38:13,030 --> 00:38:12,160

regular people just very very ordinary

1097

00:38:15,030 --> 00:38:13,040

people who have just

1098

00:38:16,710 --> 00:38:15,040

you know fallen into into some kind of

1099

00:38:19,109 --> 00:38:16,720

rabbit hole and they've

1100

00:38:20,710 --> 00:38:19,119

made some mistakes uh about you know the

1101

00:38:22,550 --> 00:38:20,720

way the world works and they've ended up

1102

00:38:25,270 --> 00:38:22,560

in this this strange

1103

00:38:27,510 --> 00:38:25,280

uh blend of fantasy and reality where

1104

00:38:29,190 --> 00:38:27,520

they really are ordinary people

1105

00:38:30,870 --> 00:38:29,200

and they do have their limits they do

1106

00:38:32,950 --> 00:38:30,880

have their limits and identifying those

1107

00:38:35,190 --> 00:38:32,960

limits is very important

1108

00:38:36,230 --> 00:38:35,200

we wanted to also and we said this a few

1109

00:38:38,150 --> 00:38:36,240

times in the book

1110

00:38:40,310 --> 00:38:38,160

you know we didn't want to sit there and

1111

00:38:41,430 --> 00:38:40,320

and even sofia said it today

1112

00:38:43,670 --> 00:38:41,440

we didn't want to sit there and say

1113

00:38:44,550 --> 00:38:43,680

they're all idiots and they're you know

1114

00:38:47,030 --> 00:38:44,560

gullible

1115

00:38:48,790 --> 00:38:47,040

or they're just you know i mean putin

1116

00:38:50,230 --> 00:38:48,800

may see them as useful idiots we don't

1117

00:38:53,910 --> 00:38:50,240

want to call them idiots

1118

00:38:55,829 --> 00:38:53,920

but we have people with master's degrees

1119

00:38:57,190 --> 00:38:55,839

there are people who believe in q anon

1120

00:38:59,510 --> 00:38:57,200

who are professionals

1121

00:39:01,990 --> 00:38:59,520

there are people who went to harvard so

1122

00:39:05,190 --> 00:39:02,000

we're not dealing just with this

1123

00:39:05,910 --> 00:39:05,200

lower echelon uneducated you know sort

1124

00:39:08,710 --> 00:39:05,920

of this

1125

00:39:09,510 --> 00:39:08,720

notion of you know trash no not at all

1126
00:39:11,670 --> 00:39:09,520
we've got

1127
00:39:12,710 --> 00:39:11,680
a trash of people from across the

1128
00:39:14,950 --> 00:39:12,720
spectrum

1129
00:39:16,470 --> 00:39:14,960
and so we have to take it seriously to

1130
00:39:19,670 --> 00:39:16,480
do otherwise you know

1131
00:39:21,109 --> 00:39:19,680
we proceed at our own peril all right so

1132
00:39:23,190 --> 00:39:21,119
let's talk a bit about you know what can

1133
00:39:24,150 --> 00:39:23,200
we do about about q anon and this is

1134
00:39:26,790 --> 00:39:24,160
kind of the focus of

1135
00:39:27,430 --> 00:39:26,800
chapter four of the book uh life after

1136
00:39:29,589 --> 00:39:27,440
cue

1137
00:39:30,630 --> 00:39:29,599
and you start off talking about what

1138
00:39:32,790 --> 00:39:30,640

happens to people

1139

00:39:33,990 --> 00:39:32,800
after joe biden's inauguration

1140

00:39:37,270 --> 00:39:34,000
essentially and

1141

00:39:40,390 --> 00:39:37,280
the january vi revolution didn't pan out

1142

00:39:42,069 --> 00:39:40,400
the storm never arrived uh so you know

1143

00:39:43,750 --> 00:39:42,079
what what happens to people in this

1144

00:39:47,109 --> 00:39:43,760
there's like a range of

1145

00:39:47,589 --> 00:39:47,119
of of outcomes uh that you talk about

1146

00:39:49,030 --> 00:39:47,599
and maybe

1147

00:39:51,030 --> 00:39:49,040
sophia you could kind of go over that

1148

00:39:53,430 --> 00:39:51,040
the the die hards the doubters and

1149

00:39:54,630 --> 00:39:53,440
the defectors and you know why why

1150

00:39:55,910 --> 00:39:54,640
people arrive at these different

1151

00:39:59,109 --> 00:39:55,920

destinations from

1152

00:39:59,910 --> 00:39:59,119

the same position there have now been

1153

00:40:02,950 --> 00:39:59,920

several

1154

00:40:05,670 --> 00:40:02,960

more than one of these uh events that

1155

00:40:06,550 --> 00:40:05,680

q anon predicted wouldn't happen or

1156

00:40:08,630 --> 00:40:06,560

something else

1157

00:40:10,309 --> 00:40:08,640

so the you know election was supposed to

1158

00:40:12,069 --> 00:40:10,319

go to donald trump

1159

00:40:13,910 --> 00:40:12,079

and then the inauguration was not

1160

00:40:16,790 --> 00:40:13,920

supposed to inaugurate

1161

00:40:17,190 --> 00:40:16,800

joe biden but donald trump and every

1162

00:40:20,710 --> 00:40:17,200

time

1163

00:40:24,150 --> 00:40:20,720

that the prophecy doesn't pan out

1164

00:40:25,270 --> 00:40:24,160

um we see you know the same kind of

1165

00:40:29,030 --> 00:40:25,280

waves of

1166

00:40:30,069 --> 00:40:29,040

some discontent and people are roughly

1167

00:40:33,109 --> 00:40:30,079

divided into

1168

00:40:34,870 --> 00:40:33,119

three camps so the die-hards are

1169

00:40:38,790 --> 00:40:34,880

sticking to their guns

1170

00:40:40,550 --> 00:40:38,800

and they explain this non-event in the

1171

00:40:42,870 --> 00:40:40,560

same way as they explain everything else

1172

00:40:44,710 --> 00:40:42,880

through another conspiracy theory so

1173

00:40:46,470 --> 00:40:44,720

the inauguration really like the

1174

00:40:47,510 --> 00:40:46,480

election really did go to trump and the

1175

00:40:49,510 --> 00:40:47,520

inauguration

1176
00:40:51,670 --> 00:40:49,520
even though it seemed like it was bite

1177
00:40:54,069 --> 00:40:51,680
and it wasn't really biden or maybe

1178
00:40:55,990 --> 00:40:54,079
it was pre-recorded and the actual

1179
00:40:56,790 --> 00:40:56,000
inauguration happened at the right place

1180
00:40:59,109 --> 00:40:56,800
at the right time but

1181
00:41:01,030 --> 00:40:59,119
donald trump somebody was saying that

1182
00:41:03,270 --> 00:41:01,040
you know if you look really carefully

1183
00:41:04,390 --> 00:41:03,280
on the video of joe biden swearing on

1184
00:41:08,309 --> 00:41:04,400
the bible

1185
00:41:10,069 --> 00:41:08,319
it's not a real bible

1186
00:41:12,150 --> 00:41:10,079
and somebody else counted the number of

1187
00:41:14,950 --> 00:41:12,160
flags at the inauguration and it was

1188
00:41:15,910 --> 00:41:14,960

numbers numbered 17. and guess what

1189

00:41:19,270 --> 00:41:15,920

letter

1190

00:41:21,030 --> 00:41:19,280

is 17 in the alphabet it's q so clearly

1191

00:41:23,430 --> 00:41:21,040

you know they say this was a message to

1192

00:41:23,990 --> 00:41:23,440

all of us this is not for real but you

1193

00:41:28,470 --> 00:41:24,000

know

1194

00:41:29,510 --> 00:41:28,480

running the country behind the scenes as

1195

00:41:31,430 --> 00:41:29,520

he's rounding up

1196

00:41:33,270 --> 00:41:31,440

members of the cabal and getting ready

1197

00:41:35,750 --> 00:41:33,280

for this mass execution so

1198

00:41:37,510 --> 00:41:35,760

the die hards are so deep into this

1199

00:41:40,710 --> 00:41:37,520

hearing on rabbit hole they can't

1200

00:41:43,829 --> 00:41:40,720

possibly see the light and then they're

1201
00:41:47,670 --> 00:41:43,839
doubters this is a group who you know

1202
00:41:50,950 --> 00:41:47,680
they are trying to reconcile

1203
00:41:53,510 --> 00:41:50,960
what they accept as reality with

1204
00:41:55,430 --> 00:41:53,520
the cueing on folklore that they're not

1205
00:41:57,510 --> 00:41:55,440
yet ready to let go of

1206
00:41:59,270 --> 00:41:57,520
and they're having a lot of emotional

1207
00:42:02,550 --> 00:41:59,280
problems they express

1208
00:42:05,589 --> 00:42:02,560
a lot of you know depression anxiety

1209
00:42:08,790 --> 00:42:05,599
suicidal gestures or ideations

1210
00:42:11,190 --> 00:42:08,800
um and they're going online in search

1211
00:42:13,109 --> 00:42:11,200
of answers to questions that are raised

1212
00:42:16,390 --> 00:42:13,119
by these reality checks

1213
00:42:18,630 --> 00:42:16,400

um and unfortunately very often they are

1214

00:42:20,470 --> 00:42:18,640

targeted when they do that by radical

1215

00:42:23,430 --> 00:42:20,480

groups that are not queuing on

1216

00:42:25,190 --> 00:42:23,440

like right-wing militias um who are

1217

00:42:27,750 --> 00:42:25,200

ready to you know embrace them

1218

00:42:29,589 --> 00:42:27,760

and and offer them an explanation for

1219

00:42:30,069 --> 00:42:29,599

how q anon is dumb and they've been

1220

00:42:33,030 --> 00:42:30,079

misleading

1221

00:42:33,670 --> 00:42:33,040

them all this time but this neo-nazi

1222

00:42:35,910 --> 00:42:33,680

group has

1223

00:42:37,190 --> 00:42:35,920

all the answers so that's a troubling

1224

00:42:39,510 --> 00:42:37,200

trajectory

1225

00:42:41,589 --> 00:42:39,520

um that that we're seeing in the in the

1226

00:42:44,309 --> 00:42:41,599

online chatter among doubters

1227

00:42:45,349 --> 00:42:44,319

um and and then there are defectors and

1228

00:42:46,950 --> 00:42:45,359

that's

1229

00:42:48,710 --> 00:42:46,960

you know those individuals who for

1230

00:42:51,750 --> 00:42:48,720

whatever reason some of them you know

1231

00:42:54,790 --> 00:42:51,760

before january 6 they discovered some

1232

00:42:58,069 --> 00:42:54,800

gaping inconsistency in q a narrative

1233

00:42:58,790 --> 00:42:58,079

and you know had the presence of mind to

1234

00:43:01,270 --> 00:42:58,800

really

1235

00:43:04,230 --> 00:43:01,280

logically address them and arrive at the

1236

00:43:06,870 --> 00:43:04,240

conclusion that queuing on must be false

1237

00:43:07,670 --> 00:43:06,880

um others you know their lives have

1238

00:43:09,670 --> 00:43:07,680

circled

1239

00:43:11,349 --> 00:43:09,680

cycled so out of control because of

1240

00:43:13,270 --> 00:43:11,359

their q anon following

1241

00:43:15,109 --> 00:43:13,280

they had a nervous breakdown had to go

1242

00:43:16,390 --> 00:43:15,119

to a mental hospital

1243

00:43:18,150 --> 00:43:16,400

where you know they were treated with

1244

00:43:19,910 --> 00:43:18,160

medications that they needed in therapy

1245

00:43:20,950 --> 00:43:19,920

and in the end they ended up disavowing

1246

00:43:23,510 --> 00:43:20,960

keeping on

1247

00:43:25,030 --> 00:43:23,520

or maybe they'd lost their jobs which

1248

00:43:26,630 --> 00:43:25,040

happened to a lot of these people or

1249

00:43:29,430 --> 00:43:26,640

they lost their family

1250

00:43:30,470 --> 00:43:29,440

um and of course the january 6th

1251

00:43:32,630 --> 00:43:30,480

situation was

1252

00:43:34,309 --> 00:43:32,640

a rude awakening to a lot of them so the

1253

00:43:36,790 --> 00:43:34,319

third group are those people who

1254

00:43:38,870 --> 00:43:36,800

are officially or at least they're

1255

00:43:40,950 --> 00:43:38,880

saying they're out of queueing on

1256

00:43:42,630 --> 00:43:40,960

um and again they're very vulnerable

1257

00:43:45,030 --> 00:43:42,640

because they've lost this huge

1258

00:43:46,309 --> 00:43:45,040

chunk of their lives these connections

1259

00:43:47,430 --> 00:43:46,319

with other people that were really

1260

00:43:50,069 --> 00:43:47,440

important to them

1261

00:43:51,670 --> 00:43:50,079

and a set of beliefs and a moral

1262

00:43:53,670 --> 00:43:51,680

certainty that they're doing the right

1263

00:43:56,550 --> 00:43:53,680

thing while everybody else is

1264

00:43:57,750 --> 00:43:56,560

you know lost sheep and so you know this

1265

00:44:00,309 --> 00:43:57,760

is another group that

1266

00:44:01,829 --> 00:44:00,319

that is there it's possible that they

1267

00:44:05,270 --> 00:44:01,839

will relapse

1268

00:44:06,950 --> 00:44:05,280

if their their mental health needs are

1269

00:44:08,230 --> 00:44:06,960

not addressed if their social needs are

1270

00:44:10,790 --> 00:44:08,240

not addressed

1271

00:44:11,990 --> 00:44:10,800

we don't yet know how they're gonna fare

1272

00:44:14,390 --> 00:44:12,000

long-term but

1273

00:44:16,390 --> 00:44:14,400

um the promising thing is that people

1274

00:44:19,270 --> 00:44:16,400

are able to leave queuing on

1275

00:44:20,870 --> 00:44:19,280

um and some of them become very vocal

1276

00:44:22,710 --> 00:44:20,880

advocates for others and you know

1277

00:44:26,390 --> 00:44:22,720

they're people who've established

1278

00:44:29,270 --> 00:44:26,400

uh um places on the internet for

1279

00:44:29,829 --> 00:44:29,280

for others like them to come and and

1280

00:44:31,910 --> 00:44:29,839

seek

1281

00:44:33,349 --> 00:44:31,920

the whatever you know companionship and

1282

00:44:36,470 --> 00:44:33,359

support that they need

1283

00:44:38,150 --> 00:44:36,480

um or they spoke out in in the in the

1284

00:44:39,589 --> 00:44:38,160

news they gave interviews to journalists

1285

00:44:42,230 --> 00:44:39,599

to just give voice

1286

00:44:43,670 --> 00:44:42,240

to this other possibility on the other

1287

00:44:45,990 --> 00:44:43,680

end of queuing on

1288

00:44:47,910 --> 00:44:46,000

um mia you wanted to add something well

1289

00:44:49,349 --> 00:44:47,920

so we know actually because sophie and i

1290

00:44:50,630 --> 00:44:49,359

have been working on terrorism for a

1291

00:44:53,270 --> 00:44:50,640

very long time

1292

00:44:55,190 --> 00:44:53,280

um we know from the cve which is

1293

00:44:57,349 --> 00:44:55,200

countering violent extremism

1294

00:44:59,430 --> 00:44:57,359

there's like this whole literature about

1295

00:45:02,230 --> 00:44:59,440

how do you get someone who's a terrorist

1296

00:45:04,150 --> 00:45:02,240

to leave the group and so actually a

1297

00:45:06,710 --> 00:45:04,160

friend of mine christian picciolini

1298

00:45:07,670 --> 00:45:06,720

who previously was a neo-nazi and he's

1299

00:45:10,870 --> 00:45:07,680

had a show on

1300

00:45:12,550 --> 00:45:10,880

msnbc and he's written a number of books

1301
00:45:14,550 --> 00:45:12,560
he talks about the fact that when he

1302
00:45:17,349 --> 00:45:14,560
personally started to have

1303
00:45:19,430 --> 00:45:17,359
doubts about being a neo-nazi he was so

1304
00:45:21,670 --> 00:45:19,440
afraid of being found out

1305
00:45:22,950 --> 00:45:21,680
that actually he got more neo-nazi

1306
00:45:25,349 --> 00:45:22,960
racist tattoos

1307
00:45:28,230 --> 00:45:25,359
and he beat up more people of color and

1308
00:45:31,270 --> 00:45:28,240
so the behavior didn't necessarily match

1309
00:45:31,990 --> 00:45:31,280
the inner you know tumult that was going

1310
00:45:34,550 --> 00:45:32,000
on because he was

1311
00:45:35,750 --> 00:45:34,560
having these doubts and very afraid that

1312
00:45:38,390 --> 00:45:35,760
people would figure out

1313
00:45:39,990 --> 00:45:38,400

that he was doubting and so part of what

1314

00:45:41,270 --> 00:45:40,000

we have to be cognizant of

1315

00:45:43,349 --> 00:45:41,280

because we've talked about some of the

1316

00:45:44,470 --> 00:45:43,359

differences with terrorism we also have

1317

00:45:45,510 --> 00:45:44,480

to see that there might be some

1318

00:45:47,829 --> 00:45:45,520

similarities

1319

00:45:49,349 --> 00:45:47,839

and lessons that can be learned that

1320

00:45:51,589 --> 00:45:49,359

someone's behavior

1321

00:45:52,790 --> 00:45:51,599

vis-a-vis q and on and that they might

1322

00:45:55,349 --> 00:45:52,800

appear to be

1323

00:45:57,430 --> 00:45:55,359

boosting q anon to the end of the earth

1324

00:45:59,030 --> 00:45:57,440

they might also still be a doubter

1325

00:46:00,710 --> 00:45:59,040

so we need to provide some sort of

1326

00:46:03,750 --> 00:46:00,720

off-ramp some sort of

1327

00:46:05,750 --> 00:46:03,760

exit for them to leave but it's very

1328

00:46:08,790 --> 00:46:05,760

important that they feel they can do so

1329

00:46:10,710 --> 00:46:08,800

safely and they can do so in that

1330

00:46:12,390 --> 00:46:10,720

they're not walking away from the only

1331

00:46:14,470 --> 00:46:12,400

community that they currently

1332

00:46:17,349 --> 00:46:14,480

even have because everyone among their

1333

00:46:18,870 --> 00:46:17,359

family and friends has written them off

1334

00:46:21,750 --> 00:46:18,880

yeah and that's something i've certainly

1335

00:46:23,510 --> 00:46:21,760

noticed myself with people is that

1336

00:46:24,790 --> 00:46:23,520

they do intensify things sometimes

1337

00:46:27,910 --> 00:46:24,800

before

1338

00:46:29,190 --> 00:46:27,920

they they give it up they get these very

1339

00:46:32,790 --> 00:46:29,200

strong feelings of

1340

00:46:33,430 --> 00:46:32,800

of doubt uh cognitive dissonance uh when

1341

00:46:35,910 --> 00:46:33,440

you know they

1342

00:46:37,270 --> 00:46:35,920

they they uh they become unsettled and

1343

00:46:40,230 --> 00:46:37,280

unbalanced

1344

00:46:41,829 --> 00:46:40,240

and they seek out the behavior that has

1345

00:46:43,510 --> 00:46:41,839

helped them in the past which is going

1346

00:46:44,870 --> 00:46:43,520

watching things on youtube

1347

00:46:47,430 --> 00:46:44,880

and people are giving me this exact

1348

00:46:50,390 --> 00:46:47,440

description like they they saw something

1349

00:46:52,470 --> 00:46:50,400

being debunked and then they went off

1350

00:46:54,390 --> 00:46:52,480

and spent the entire night watching

1351

00:46:56,309 --> 00:46:54,400

other other videos until they felt like

1352

00:46:57,750 --> 00:46:56,319

it wasn't debunked again

1353

00:47:00,230 --> 00:46:57,760

and this is something that stephen

1354

00:47:00,950 --> 00:47:00,240

hassan uh talks about in his books a lot

1355

00:47:04,309 --> 00:47:00,960

is that

1356

00:47:05,910 --> 00:47:04,319

cults often engage in well

1357

00:47:07,510 --> 00:47:05,920

they teach people a thing called

1358

00:47:11,270 --> 00:47:07,520

thought-stopping

1359

00:47:12,950 --> 00:47:11,280

where you if you feel uh

1360

00:47:14,790 --> 00:47:12,960

the real world coming into your brain

1361

00:47:18,630 --> 00:47:14,800

you have to shut it out somehow by

1362

00:47:21,750 --> 00:47:18,640

by uh uh they do things like chanting

1363

00:47:23,670 --> 00:47:21,760

and the watching youtube videos i feel

1364

00:47:27,589 --> 00:47:23,680

is kind of the conspiracy theory

1365

00:47:30,390 --> 00:47:27,599

version of mindless chanting in in cults

1366

00:47:30,950 --> 00:47:30,400

uh which is a kind of a fascinating uh

1367

00:47:35,829 --> 00:47:30,960

uh

1368

00:47:37,109 --> 00:47:35,839

on in chapter four you have you know

1369

00:47:38,630 --> 00:47:37,119

you're the only thing you only have two

1370

00:47:39,270 --> 00:47:38,640

diagrams in the entire book and the

1371

00:47:41,349 --> 00:47:39,280

other one is

1372

00:47:42,710 --> 00:47:41,359

as as this one which i'll put a better

1373

00:47:46,150 --> 00:47:42,720

version up up

1374

00:47:49,670 --> 00:47:46,160

and it's showing like the the the four

1375

00:47:51,750 --> 00:47:49,680

uh areas you think can contribute to

1376

00:47:53,190 --> 00:47:51,760

uh to helping people with q anon and

1377

00:47:54,870 --> 00:47:53,200

helping that the problem in general

1378

00:47:56,950 --> 00:47:54,880

you've got building immunity limiting

1379

00:47:59,750 --> 00:47:56,960

exposure offering treatment

1380

00:48:01,190 --> 00:47:59,760

and adjusting expectations and you know

1381

00:48:04,069 --> 00:48:01,200

we're kind of talking about

1382

00:48:05,990 --> 00:48:04,079

um treatment to a degree there like

1383

00:48:07,349 --> 00:48:06,000

offering people treatment

1384

00:48:09,349 --> 00:48:07,359

and this is something that i've i've

1385

00:48:11,190 --> 00:48:09,359

kind of had like

1386

00:48:14,630 --> 00:48:11,200

just problems with phrasing things like

1387

00:48:17,670 --> 00:48:14,640

this because whenever i talk to people

1388

00:48:19,750 --> 00:48:17,680

the idea that they might be mentally ill

1389

00:48:21,190 --> 00:48:19,760

is something that people violently

1390

00:48:23,829 --> 00:48:21,200

oppose

1391

00:48:25,589 --> 00:48:23,839

and it's it's very difficult to get

1392

00:48:27,190 --> 00:48:25,599

someone into treatment if they they

1393

00:48:28,069 --> 00:48:27,200

believe that you know the world is lying

1394

00:48:31,030 --> 00:48:28,079

to them

1395

00:48:32,390 --> 00:48:31,040

so when you're offering treatment who

1396

00:48:33,190 --> 00:48:32,400

are you offering it to you you think

1397

00:48:36,549 --> 00:48:33,200

there's a

1398

00:48:38,470 --> 00:48:36,559

like a a segment of the that population

1399

00:48:41,510 --> 00:48:38,480

who is ready for the treatment

1400

00:48:44,710 --> 00:48:41,520

and will be more easily led into it

1401

00:48:47,430 --> 00:48:44,720

the q anon community is very diverse

1402

00:48:49,910 --> 00:48:47,440

a number of them have already had some

1403

00:48:53,109 --> 00:48:49,920

sort of a mental health diagnosis

1404

00:48:55,430 --> 00:48:53,119

and probably you know are familiar

1405

00:48:57,109 --> 00:48:55,440

with possibilities for treatment and

1406

00:49:00,790 --> 00:48:57,119

might be seeking them out

1407

00:49:01,990 --> 00:49:00,800

those doubters who are experiencing all

1408

00:49:04,950 --> 00:49:02,000

these difficult emotions

1409

00:49:06,790 --> 00:49:04,960

they might need treatment made available

1410

00:49:08,390 --> 00:49:06,800

to them which is right now

1411

00:49:10,309 --> 00:49:08,400

very difficult all of my colleagues who

1412

00:49:12,470 --> 00:49:10,319

are practicing clinical

1413

00:49:15,270 --> 00:49:12,480

psychology or psychotherapy are

1414

00:49:18,549 --> 00:49:15,280

overwhelmed with requests in the wake of

1415

00:49:20,630 --> 00:49:18,559

covet lockdowns a lot of people

1416

00:49:22,150 --> 00:49:20,640

develop psychological problems or you

1417

00:49:25,030 --> 00:49:22,160

know their old issues

1418

00:49:27,510 --> 00:49:25,040

came to the surface um so there's a real

1419

00:49:30,309 --> 00:49:27,520

shortage of care and a lot of people

1420

00:49:31,829 --> 00:49:30,319

um are not able to afford it maybe they

1421

00:49:32,950 --> 00:49:31,839

don't have health insurance maybe their

1422

00:49:36,150 --> 00:49:32,960

health insurance

1423

00:49:38,870 --> 00:49:36,160

doesn't cover psychotherapy so

1424

00:49:40,549 --> 00:49:38,880

whatever proportion of qn followers

1425

00:49:44,710 --> 00:49:40,559

would like

1426
00:49:46,630 --> 00:49:44,720
treatment and are aware of this need

1427
00:49:47,910 --> 00:49:46,640
i feel there has to be an honest

1428
00:49:50,630 --> 00:49:47,920
conversation

1429
00:49:52,390 --> 00:49:50,640
um in the government about how to make

1430
00:49:54,549 --> 00:49:52,400
that available to them

1431
00:49:55,829 --> 00:49:54,559
but if they're not interested in

1432
00:49:56,470 --> 00:49:55,839
treatment you're right there's

1433
00:49:58,470 --> 00:49:56,480
absolutely

1434
00:49:59,829 --> 00:49:58,480
nothing we can do for them the

1435
00:50:02,710 --> 00:49:59,839
alternative that

1436
00:50:03,510 --> 00:50:02,720
that we discuss in the book sidesteps

1437
00:50:06,710 --> 00:50:03,520
the

1438
00:50:09,349 --> 00:50:06,720

stigma around mental health illness

1439

00:50:10,950 --> 00:50:09,359

and treatment which you've encountered

1440

00:50:13,109 --> 00:50:10,960

in your conversations with you know

1441

00:50:15,990 --> 00:50:13,119

followers and that no doubt

1442

00:50:17,190 --> 00:50:16,000

really permeates you know our society at

1443

00:50:19,910 --> 00:50:17,200

present time

1444

00:50:20,470 --> 00:50:19,920

um and that is uh mindfulness based

1445

00:50:24,230 --> 00:50:20,480

stress

1446

00:50:27,109 --> 00:50:24,240

reduction it's a um

1447

00:50:28,710 --> 00:50:27,119

it's not a therapy it's a group based

1448

00:50:29,510 --> 00:50:28,720

treatment that usually lasts about eight

1449

00:50:32,549 --> 00:50:29,520

weeks

1450

00:50:35,750 --> 00:50:32,559

um you're not expected to

1451

00:50:36,630 --> 00:50:35,760

self-disclose at all uh so you don't

1452

00:50:38,549 --> 00:50:36,640

have to say

1453

00:50:40,630 --> 00:50:38,559

you know why you're there what your

1454

00:50:44,230 --> 00:50:40,640

thoughts or feelings are

1455

00:50:46,790 --> 00:50:44,240

instead what this program does is

1456

00:50:48,390 --> 00:50:46,800

it teaches people about physiology and

1457

00:50:51,109 --> 00:50:48,400

psychology of stress

1458

00:50:51,990 --> 00:50:51,119

that's one thing another thing is it

1459

00:50:56,309 --> 00:50:52,000

teaches

1460

00:50:59,750 --> 00:50:56,319

people how to practice meditation

1461

00:51:02,549 --> 00:50:59,760

uh and moment-to-moment awareness

1462

00:51:04,710 --> 00:51:02,559

and the third thing is it it kind of

1463

00:51:07,990 --> 00:51:04,720

gets them into the habit hopefully

1464

00:51:08,549 --> 00:51:08,000

of doing mindful movement and all of it

1465

00:51:10,230 --> 00:51:08,559

together

1466

00:51:12,630 --> 00:51:10,240

this is a really well established

1467

00:51:13,510 --> 00:51:12,640

program it's been shown to be extremely

1468

00:51:16,990 --> 00:51:13,520

effective

1469

00:51:20,069 --> 00:51:17,000

long term in treating all kinds of

1470

00:51:23,750 --> 00:51:20,079

psychopathologies including

1471

00:51:27,109 --> 00:51:23,760

anxiety and depression and ptsd

1472

00:51:29,910 --> 00:51:27,119

um it also is

1473

00:51:31,670 --> 00:51:29,920

a kind of community that you come to

1474

00:51:33,829 --> 00:51:31,680

face to face once a week

1475

00:51:34,950 --> 00:51:33,839

which is invaluable for a lot of people

1476

00:51:38,069 --> 00:51:34,960

who

1477

00:51:40,230 --> 00:51:38,079

had that community and queuing on and if

1478

00:51:42,069 --> 00:51:40,240

if they are to break away from it they

1479

00:51:45,030 --> 00:51:42,079

need an alternative

1480

00:51:45,670 --> 00:51:45,040

um so yeah treatment for those who are

1481

00:51:48,710 --> 00:51:45,680

are

1482

00:51:49,990 --> 00:51:48,720

interested in it sure but queuing on is

1483

00:51:53,430 --> 00:51:50,000

a really complex

1484

00:51:56,870 --> 00:51:53,440

problem 30 million people are not all

1485

00:51:57,430 --> 00:51:56,880

in it for one reason and so anything

1486

00:52:00,309 --> 00:51:57,440

that will

1487

00:52:01,750 --> 00:52:00,319

really counter the influence of kirino

1488

00:52:04,150 --> 00:52:01,760

is gonna have to be

1489

00:52:04,950 --> 00:52:04,160

similarly diverse so in addition to

1490

00:52:08,150 --> 00:52:04,960

treatment

1491

00:52:08,630 --> 00:52:08,160

right we really have to worry about and

1492

00:52:12,069 --> 00:52:08,640

work

1493

00:52:14,230 --> 00:52:12,079

toward limiting the influence of

1494

00:52:15,829 --> 00:52:14,240

individuals in groups who spread this

1495

00:52:17,990 --> 00:52:15,839

information online

1496

00:52:19,870 --> 00:52:18,000

and we've already seen after january 6th

1497

00:52:22,150 --> 00:52:19,880

when donald trump was

1498

00:52:23,030 --> 00:52:22,160

de-platformed the amount of

1499

00:52:25,510 --> 00:52:23,040

disinformation

1500

00:52:26,870 --> 00:52:25,520

circulating on social media has

1501
00:52:30,230 --> 00:52:26,880
decreased by something like

1502
00:52:32,710 --> 00:52:30,240
70 just one individual

1503
00:52:34,150 --> 00:52:32,720
was responsible for so much information

1504
00:52:36,390 --> 00:52:34,160
and what's more

1505
00:52:37,910 --> 00:52:36,400
people participants or what they call

1506
00:52:41,109 --> 00:52:37,920
them

1507
00:52:42,950 --> 00:52:41,119
users on facebook and and twitter were

1508
00:52:44,950 --> 00:52:42,960
less likely to engage

1509
00:52:47,349 --> 00:52:44,960
with this information content by

1510
00:52:50,150 --> 00:52:47,359
clicking on it or liking it or

1511
00:52:50,710 --> 00:52:50,160
retweeting it or spreading it further so

1512
00:52:54,309 --> 00:52:50,720
it is

1513
00:52:55,829 --> 00:52:54,319

of fundamental importance to decide to

1514

00:52:57,750 --> 00:52:55,839

have some sort of a discussion and

1515

00:52:59,750 --> 00:52:57,760

hopefully legislation

1516

00:53:01,349 --> 00:52:59,760

that would not make it a spur of the

1517

00:53:04,630 --> 00:53:01,359

moment decision on

1518

00:53:05,910 --> 00:53:04,640

on you know zuckerberg's uh um side you

1519

00:53:06,950 --> 00:53:05,920

know okay we're going to de-platform

1520

00:53:09,829 --> 00:53:06,960

this individual

1521

00:53:10,710 --> 00:53:09,839

but that would create some rules that we

1522

00:53:13,510 --> 00:53:10,720

could then

1523

00:53:13,990 --> 00:53:13,520

hold platforms responsible for for

1524

00:53:17,190 --> 00:53:14,000

enforcing

1525

00:53:18,870 --> 00:53:17,200

them right um the social media are just

1526

00:53:21,510 --> 00:53:18,880

crawling with these

1527

00:53:22,630 --> 00:53:21,520

trolls and bought some of them you know

1528

00:53:26,150 --> 00:53:22,640

foreign some of them

1529

00:53:26,870 --> 00:53:26,160

domestic whose entire existence on these

1530

00:53:30,150 --> 00:53:26,880

platforms

1531

00:53:31,589 --> 00:53:30,160

is designed to maximize presence and

1532

00:53:35,109 --> 00:53:31,599

influence of these things

1533

00:53:35,910 --> 00:53:35,119

we need some sort of a transparency

1534

00:53:38,069 --> 00:53:35,920

effort

1535

00:53:39,030 --> 00:53:38,079

on the part of the social media giants

1536

00:53:42,549 --> 00:53:39,040

that would allow

1537

00:53:43,670 --> 00:53:42,559

researchers to track these individuals

1538

00:53:46,710 --> 00:53:43,680

or programs

1539

00:53:50,710 --> 00:53:46,720

to identify them quickly to curb

1540

00:53:52,790 --> 00:53:50,720

their um influence right and

1541

00:53:54,069 --> 00:53:52,800

there's none of that happening in fact

1542

00:53:57,270 --> 00:53:54,079

just the other day

1543

00:53:58,390 --> 00:53:57,280

i saw that facebook blocked a group of

1544

00:54:01,750 --> 00:53:58,400

researchers

1545

00:54:04,630 --> 00:54:01,760

who were using their data from

1546

00:54:05,109 --> 00:54:04,640

assessing things like this so like

1547

00:54:07,910 --> 00:54:05,119

almost

1548

00:54:08,710 --> 00:54:07,920

as though they're sabotaging you know um

1549

00:54:10,549 --> 00:54:08,720

efforts to

1550

00:54:11,990 --> 00:54:10,559

curtail influence of disinformation

1551
00:54:14,870 --> 00:54:12,000
because let's face it

1552
00:54:15,990 --> 00:54:14,880
these really highly polarizing very

1553
00:54:18,069 --> 00:54:16,000
emotion lady

1554
00:54:19,510 --> 00:54:18,079
posts are the ones who are getting the

1555
00:54:22,470 --> 00:54:19,520
most user engagement

1556
00:54:23,430 --> 00:54:22,480
right so it's kind of against facebook's

1557
00:54:26,069 --> 00:54:23,440
interests

1558
00:54:27,910 --> 00:54:26,079
to have them curtailed so there are a

1559
00:54:29,030 --> 00:54:27,920
number of different directions that have

1560
00:54:32,470 --> 00:54:29,040
to be

1561
00:54:34,069 --> 00:54:32,480
addressed you know treatment um

1562
00:54:36,710 --> 00:54:34,079
social media transparency and

1563
00:54:39,910 --> 00:54:36,720

accountability we also need to work

1564

00:54:42,390 --> 00:54:39,920

on just social media literacy

1565

00:54:43,829 --> 00:54:42,400

among our public because you know

1566

00:54:46,309 --> 00:54:43,839

distrust in science

1567

00:54:47,510 --> 00:54:46,319

it's only part the fault of science

1568

00:54:50,069 --> 00:54:47,520

which at times

1569

00:54:50,710 --> 00:54:50,079

goes wrong like everything does the

1570

00:54:53,109 --> 00:54:50,720

other part

1571

00:54:55,589 --> 00:54:53,119

is that a lot of people of members of

1572

00:54:59,430 --> 00:54:55,599

our society are unable to tell

1573

00:55:01,109 --> 00:54:59,440

how to judge quality of information

1574

00:55:02,470 --> 00:55:01,119

they really don't understand why a

1575

00:55:05,349 --> 00:55:02,480

youtube video

1576
00:55:07,030 --> 00:55:05,359
is better or worse you know than a

1577
00:55:10,069 --> 00:55:07,040
peer-reviewed journal

1578
00:55:12,950 --> 00:55:10,079
so we need to to

1579
00:55:14,069 --> 00:55:12,960
really increase our efforts in educating

1580
00:55:16,309 --> 00:55:14,079
our children

1581
00:55:18,390 --> 00:55:16,319
and also our adults about how to

1582
00:55:21,430 --> 00:55:18,400
decipher information how to make better

1583
00:55:23,270 --> 00:55:21,440
choices as consumers of information

1584
00:55:24,789 --> 00:55:23,280
yeah uh we do there's a lot of things

1585
00:55:26,549 --> 00:55:24,799
that can be done and you lay out a lot

1586
00:55:27,270 --> 00:55:26,559
of these things here and i i really do

1587
00:55:30,470 --> 00:55:27,280
like the

1588
00:55:32,950 --> 00:55:30,480

idea that you have of uh kind of

1589

00:55:34,630 --> 00:55:32,960

giving people therapy without it being

1590

00:55:36,230 --> 00:55:34,640

called therapy and one of the other

1591

00:55:37,430 --> 00:55:36,240

things that you talk about is is

1592

00:55:39,430 --> 00:55:37,440

volunteering

1593

00:55:40,630 --> 00:55:39,440

uh encouraging people to volunteer which

1594

00:55:43,670 --> 00:55:40,640

i think is a very

1595

00:55:44,470 --> 00:55:43,680

uh good way of of people kind of

1596

00:55:48,150 --> 00:55:44,480

regaining

1597

00:55:50,069 --> 00:55:48,160

uh contact with reality and i i

1598

00:55:52,470 --> 00:55:50,079

think a lot of the problem that we have

1599

00:55:54,630 --> 00:55:52,480

is just simply people who

1600

00:55:56,150 --> 00:55:54,640

get into a a position where they're only

1601
00:55:56,549 --> 00:55:56,160
looking at things from one perspective

1602
00:55:58,549 --> 00:55:56,559
and they're

1603
00:55:59,750 --> 00:55:58,559
looking at one kind of set of limited

1604
00:56:03,190 --> 00:55:59,760
information sources

1605
00:56:05,910 --> 00:56:03,200
and anything that you can do that will

1606
00:56:07,750 --> 00:56:05,920
broaden their horizons is a good thing

1607
00:56:09,750 --> 00:56:07,760
so i think that the volunteering

1608
00:56:11,349 --> 00:56:09,760
is a great thing sophia actually in the

1609
00:56:13,349 --> 00:56:11,359
chapter that she

1610
00:56:15,109 --> 00:56:13,359
she wrote talks about getting away from

1611
00:56:15,670 --> 00:56:15,119
your screen and just going out for a

1612
00:56:18,470 --> 00:56:15,680
while

1613
00:56:19,270 --> 00:56:18,480

just being yeah so i i'm not i'm not in

1614

00:56:22,630 --> 00:56:19,280

outside

1615

00:56:26,630 --> 00:56:22,640

for no reason i wanted to emphasize that

1616

00:56:29,589 --> 00:56:26,640

being you know going back in time

1617

00:56:31,990 --> 00:56:29,599

before we could be contacted constantly

1618

00:56:35,109 --> 00:56:32,000

before we had every push notification

1619

00:56:38,549 --> 00:56:35,119

i mean we know from people like um

1620

00:56:41,670 --> 00:56:38,559

jen twenge that talks about the

1621

00:56:43,430 --> 00:56:41,680

uh the igen the extent to which we have

1622

00:56:45,750 --> 00:56:43,440

become somewhat addicted

1623

00:56:47,190 --> 00:56:45,760

to our devices and that this has

1624

00:56:50,150 --> 00:56:47,200

actually caused

1625

00:56:52,549 --> 00:56:50,160

more depression although we feel

1626
00:56:55,510 --> 00:56:52,559
connected we actually feel more isolated

1627
00:56:57,109 --> 00:56:55,520
in the long term and so part of it is

1628
00:56:58,549 --> 00:56:57,119
building new connections

1629
00:57:00,870 --> 00:56:58,559
and so that's where the volunteering

1630
00:57:03,109 --> 00:57:00,880
comes in because you're actually

1631
00:57:04,470 --> 00:57:03,119
you're able to express that altruistic

1632
00:57:06,069 --> 00:57:04,480
in tendency

1633
00:57:07,829 --> 00:57:06,079
that might have pulled you into q and on

1634
00:57:09,270 --> 00:57:07,839
to save the children but you're actually

1635
00:57:11,190 --> 00:57:09,280
going to be saving children

1636
00:57:13,670 --> 00:57:11,200
or helping the homeless or doing

1637
00:57:16,309 --> 00:57:13,680
something good and that will boost your

1638
00:57:17,910 --> 00:57:16,319

also it will actually allow those

1639

00:57:20,390 --> 00:57:17,920

dopamine receptors

1640

00:57:21,829 --> 00:57:20,400

to ping a little bit that make you feel

1641

00:57:24,470 --> 00:57:21,839

good about what you're doing

1642

00:57:25,990 --> 00:57:24,480

make you jump out of bed with a purpose

1643

00:57:28,390 --> 00:57:26,000

and so instead of having q and

1644

00:57:29,430 --> 00:57:28,400

on and being a keyboard warrior that

1645

00:57:31,430 --> 00:57:29,440

that's your purpose

1646

00:57:33,430 --> 00:57:31,440

now you have a purpose of helping people

1647

00:57:35,750 --> 00:57:33,440

in real life

1648

00:57:38,230 --> 00:57:35,760

yeah and that's a great thing and uh a

1649

00:57:39,589 --> 00:57:38,240

lot of times when people talk to me

1650

00:57:41,109 --> 00:57:39,599

they're not really the type of people

1651
00:57:42,630 --> 00:57:41,119
who are going to save the children they

1652
00:57:44,549 --> 00:57:42,640
are people who have become of obsessed

1653
00:57:46,630 --> 00:57:44,559
with some kind of conspiracy theory and

1654
00:57:48,710 --> 00:57:46,640
something i try to do is try to steer

1655
00:57:50,470 --> 00:57:48,720
them towards another obsession

1656
00:57:52,390 --> 00:57:50,480
uh because they're type of person is

1657
00:57:54,870 --> 00:57:52,400
going to get obsessed over something so

1658
00:57:57,430 --> 00:57:54,880
i you know i suggest things like even

1659
00:57:57,750 --> 00:57:57,440
like playing video games can be a better

1660
00:57:59,190 --> 00:57:57,760
thing

1661
00:58:00,789 --> 00:57:59,200
especially the online ones where you

1662
00:58:01,829 --> 00:58:00,799
have some kind of social interaction

1663
00:58:04,470 --> 00:58:01,839

with people

1664

00:58:05,270 --> 00:58:04,480

but i i suggest other hobbies one of the

1665

00:58:07,829 --> 00:58:05,280

ones i

1666

00:58:09,109 --> 00:58:07,839

frequently suggest is lock picking which

1667

00:58:10,309 --> 00:58:09,119

is a bit of an odd thing but it's

1668

00:58:11,910 --> 00:58:10,319

something i personally found to be

1669

00:58:13,190 --> 00:58:11,920

really interesting to do

1670

00:58:14,789 --> 00:58:13,200

and there is actually an online

1671

00:58:16,470 --> 00:58:14,799

community of people and then you can go

1672

00:58:18,470 --> 00:58:16,480

to lockpicking contests but if you can

1673

00:58:21,510 --> 00:58:18,480

if you can steer somebody towards

1674

00:58:23,270 --> 00:58:21,520

something other than this obsession

1675

00:58:24,950 --> 00:58:23,280

it doesn't really matter what it is i

1676

00:58:26,309 --> 00:58:24,960

think and that's why things like you

1677

00:58:27,589 --> 00:58:26,319

know those i think the suggestions that

1678

00:58:30,549 --> 00:58:27,599

you put forward

1679

00:58:32,230 --> 00:58:30,559

uh like the the mindfulness and the uh

1680

00:58:34,870 --> 00:58:32,240

volunteering and uh

1681

00:58:36,390 --> 00:58:34,880

you know just getting out into nature

1682

00:58:38,390 --> 00:58:36,400

are actually things that

1683

00:58:40,710 --> 00:58:38,400

will actually work you know i know that

1684

00:58:42,549 --> 00:58:40,720

they do actually work in practice

1685

00:58:43,990 --> 00:58:42,559

uh something i want to quite talk about

1686

00:58:45,750 --> 00:58:44,000

is kind of a

1687

00:58:47,349 --> 00:58:45,760

a fun thing which is not we're not

1688

00:58:50,950 --> 00:58:47,359

really fun but the the

1689

00:58:52,710 --> 00:58:50,960

the idea of elves uh this is something

1690

00:58:55,030 --> 00:58:52,720

that was suggested that

1691

00:58:56,470 --> 00:58:55,040

you know we have trolls and perhaps what

1692

00:58:59,430 --> 00:58:56,480

we need is elves

1693

00:58:59,840 --> 00:58:59,440

in social spaces online people are are

1694

00:59:01,349 --> 00:58:59,850

often

1695

00:59:02,710 --> 00:59:01,359

[Music]

1696

00:59:04,150 --> 00:59:02,720

they they're only getting one

1697

00:59:05,589 --> 00:59:04,160

perspective which essentially is the

1698

00:59:08,230 --> 00:59:05,599

troll perspective

1699

00:59:09,510 --> 00:59:08,240

and we need to get uh another

1700

00:59:10,789 --> 00:59:09,520

perspective in there and this is

1701
00:59:13,430 --> 00:59:10,799
something that was suggested

1702
00:59:15,270 --> 00:59:13,440
you know many years ago by cass sunstein

1703
00:59:17,990 --> 00:59:15,280
and adrian vermoul and they called it

1704
00:59:19,190 --> 00:59:18,000
cognitive infiltration which sounded a

1705
00:59:21,589 --> 00:59:19,200
lot scarier

1706
00:59:22,630 --> 00:59:21,599
than uh in the british thing it is elves

1707
00:59:25,349 --> 00:59:22,640
but can uh

1708
00:59:27,510 --> 00:59:25,359
can you talk about what this concept is

1709
00:59:29,109 --> 00:59:27,520
like the elves infiltrating these these

1710
00:59:31,750 --> 00:59:29,119
social spaces

1711
00:59:32,789 --> 00:59:31,760
yeah so we know from psychology research

1712
00:59:35,910 --> 00:59:32,799
that

1713
00:59:39,270 --> 00:59:35,920

a group tends to become of one mind

1714

00:59:41,510 --> 00:59:39,280

right we have a number of famous studies

1715

00:59:43,030 --> 00:59:41,520

where you know you you basically

1716

00:59:45,270 --> 00:59:43,040

instruct a bunch of

1717

00:59:46,470 --> 00:59:45,280

uh actors to agree to something

1718

00:59:48,390 --> 00:59:46,480

completely ridiculous

1719

00:59:49,910 --> 00:59:48,400

even calling something that's white

1720

00:59:52,789 --> 00:59:49,920

black and

1721

00:59:54,710 --> 00:59:52,799

and then you introduce a layperson an

1722

00:59:56,630 --> 00:59:54,720

actual participant into this group

1723

00:59:59,030 --> 00:59:56,640

and they watch person after person after

1724

01:00:02,950 --> 00:59:59,040

person say this ridiculous thing

1725

01:00:05,270 --> 01:00:02,960

and in the end most people most the time

1726

01:00:07,829 --> 01:00:05,280

will agree with the group on something

1727

01:00:11,030 --> 01:00:07,839

as ridiculous as white is black

1728

01:00:13,430 --> 01:00:11,040

so this kind of conformity in groups is

1729

01:00:14,549 --> 01:00:13,440

a real replicable phenomenon and of

1730

01:00:17,109 --> 01:00:14,559

course you know in

1731

01:00:17,990 --> 01:00:17,119

in these social forums social media

1732

01:00:20,309 --> 01:00:18,000

forums

1733

01:00:22,710 --> 01:00:20,319

that's often what happens somebody will

1734

01:00:25,030 --> 01:00:22,720

introduce the idea of space lasers

1735

01:00:26,390 --> 01:00:25,040

and a bunch of other individuals will

1736

01:00:30,069 --> 01:00:26,400

jump on board and

1737

01:00:33,030 --> 01:00:30,079

you know amplify this and repeat it and

1738

01:00:33,829 --> 01:00:33,040

a person looking at this exchange is

1739

01:00:36,549 --> 01:00:33,839

essentially

1740

01:00:37,349 --> 01:00:36,559

in the same experimental paradigm as

1741

01:00:39,589 --> 01:00:37,359

we've

1742

01:00:41,750 --> 01:00:39,599

demonstrated in social psychology where

1743

01:00:44,309 --> 01:00:41,760

they will end up conform

1744

01:00:45,190 --> 01:00:44,319

with the group's ridiculous opinion the

1745

01:00:47,030 --> 01:00:45,200

thing is though

1746

01:00:48,549 --> 01:00:47,040

a lot of these individuals are not

1747

01:00:50,549 --> 01:00:48,559

really individuals they're

1748

01:00:51,829 --> 01:00:50,559

either trolls who are paid or they

1749

01:00:53,430 --> 01:00:51,839

derive pleasure from

1750

01:00:55,510 --> 01:00:53,440

you know putting out ridiculous things

1751

01:00:57,910 --> 01:00:55,520

online and watching people's form

1752

01:00:58,870 --> 01:00:57,920

or their bots they're they're programs

1753

01:01:01,270 --> 01:00:58,880

created to

1754

01:01:02,069 --> 01:01:01,280

amplify certain kinds of messaging and

1755

01:01:05,750 --> 01:01:02,079

so it's

1756

01:01:08,230 --> 01:01:05,760

an illusion a lot of time um so

1757

01:01:08,789 --> 01:01:08,240

in that kind of experimental paradigm

1758

01:01:10,789 --> 01:01:08,799

there is an

1759

01:01:12,150 --> 01:01:10,799

antidote that we've discovered against

1760

01:01:14,470 --> 01:01:12,160

conformity

1761

01:01:15,510 --> 01:01:14,480

what happens is if you introduce even

1762

01:01:17,990 --> 01:01:15,520

one actor

1763

01:01:19,109 --> 01:01:18,000

into this group of you know ridiculous

1764

01:01:22,470 --> 01:01:19,119

spewing

1765

01:01:24,470 --> 01:01:22,480

um actors who says

1766

01:01:26,390 --> 01:01:24,480

the opposite of what they're saying even

1767

01:01:28,150 --> 01:01:26,400

if that opposite is

1768

01:01:29,589 --> 01:01:28,160

just as ridiculous let's say they're

1769

01:01:32,230 --> 01:01:29,599

calling white

1770

01:01:32,789 --> 01:01:32,240

red now right so everybody's saying you

1771

01:01:34,870 --> 01:01:32,799

know

1772

01:01:37,510 --> 01:01:34,880

it's black it's black it's black and

1773

01:01:39,589 --> 01:01:37,520

then you have somebody saying it's red

1774

01:01:41,270 --> 01:01:39,599

when it comes to the actual participant

1775

01:01:43,910 --> 01:01:41,280

they're a lot more likely now

1776

01:01:45,670 --> 01:01:43,920

to call out the truth and say no it's

1777

01:01:48,789 --> 01:01:45,680

actually not black or red it's

1778

01:01:49,589 --> 01:01:48,799

white so when people understand or

1779

01:01:52,470 --> 01:01:49,599

experience

1780

01:01:53,430 --> 01:01:52,480

the fact that there's no monolith of

1781

01:01:56,789 --> 01:01:53,440

opinion

1782

01:01:57,190 --> 01:01:56,799

they're a lot more able to defend their

1783

01:02:02,789 --> 01:01:57,200

own

1784

01:02:04,150 --> 01:02:02,799

and stand their ground and so in online

1785

01:02:06,630 --> 01:02:04,160

media you know we have these

1786

01:02:08,230 --> 01:02:06,640

malicious efforts behind trolls and bots

1787

01:02:09,910 --> 01:02:08,240

we also have psychopaths

1788

01:02:11,430 --> 01:02:09,920

unfortunately you know in our midst who

1789

01:02:13,750 --> 01:02:11,440

are doing it for fun

1790

01:02:14,710 --> 01:02:13,760

and so the idea in the book was that

1791

01:02:17,430 --> 01:02:14,720

perhaps

1792

01:02:19,190 --> 01:02:17,440

we can think about how would it be to

1793

01:02:22,230 --> 01:02:19,200

have elves to counteract

1794

01:02:24,950 --> 01:02:22,240

this negative influence online and else

1795

01:02:26,309 --> 01:02:24,960

you know can be anybody it could be bots

1796

01:02:28,390 --> 01:02:26,319

as well it can be programs that are

1797

01:02:30,230 --> 01:02:28,400

designed to counteract this information

1798

01:02:31,430 --> 01:02:30,240

it could be trolls sitting on the one

1799

01:02:33,270 --> 01:02:31,440

side and then the

1800

01:02:35,109 --> 01:02:33,280

experimenter sitting on the other and

1801

01:02:37,589 --> 01:02:35,119

just addressing disinformation

1802

01:02:39,670 --> 01:02:37,599

in real time but it also could be

1803

01:02:42,390 --> 01:02:39,680

volunteers so people who came out

1804

01:02:43,349 --> 01:02:42,400

of these radical conspiracy theory

1805

01:02:46,630 --> 01:02:43,359

groups

1806

01:02:48,710 --> 01:02:46,640

and are seeking out an outlet to counter

1807

01:02:51,029 --> 01:02:48,720

the kind of disinformation that took

1808

01:02:53,349 --> 01:02:51,039

them down the rabbit hole and

1809

01:02:55,829 --> 01:02:53,359

you know messed with their lives and and

1810

01:02:58,950 --> 01:02:55,839

and their friendships and their families

1811

01:02:59,990 --> 01:02:58,960

um this could be a fruitful avenue for

1812

01:03:02,549 --> 01:03:00,000

them to pursue

1813

01:03:05,109 --> 01:03:02,559

where they could really you know having

1814

01:03:07,589 --> 01:03:05,119

first-hand experience with this stuff

1815

01:03:08,789 --> 01:03:07,599

who better than they to address it in

1816

01:03:10,549 --> 01:03:08,799

that way

1817

01:03:11,829 --> 01:03:10,559

yeah and that's something i i really

1818

01:03:15,270 --> 01:03:11,839

like that approach

1819

01:03:15,990 --> 01:03:15,280

uh of of having a a dissenting voice

1820

01:03:18,470 --> 01:03:16,000

essentially

1821

01:03:19,029 --> 01:03:18,480

in in these these these walled gardens

1822

01:03:20,470 --> 01:03:19,039

that people

1823

01:03:23,190 --> 01:03:20,480

find themselves in and it's something

1824

01:03:25,270 --> 01:03:23,200

that i've had experience with myself

1825

01:03:27,910 --> 01:03:25,280

uh and that i've been that dissenting

1826

01:03:28,789 --> 01:03:27,920

voice and i know i do try to join these

1827

01:03:31,510 --> 01:03:28,799

online

1828

01:03:33,270 --> 01:03:31,520

uh groups and some of them were you know

1829

01:03:34,870 --> 01:03:33,280

will reject you but you know if you get

1830

01:03:37,190 --> 01:03:34,880

people who are actually open to

1831

01:03:38,549 --> 01:03:37,200

to some discussion you can introduce

1832

01:03:40,549 --> 01:03:38,559

ideas

1833

01:03:42,950 --> 01:03:40,559

and the thing i found is that it takes a

1834

01:03:44,789 --> 01:03:42,960

very long time for it to have any effect

1835

01:03:46,309 --> 01:03:44,799

uh which is kind of a general point i

1836

01:03:47,670 --> 01:03:46,319

guess with with conspiracy theory it

1837

01:03:49,029 --> 01:03:47,680

says that people do not change

1838

01:03:51,349 --> 01:03:49,039

immediately

1839

01:03:52,630 --> 01:03:51,359

but i i think it's one of these things

1840

01:03:54,710 --> 01:03:52,640

where

1841

01:03:56,710 --> 01:03:54,720

you're having an effect like a bit at a

1842

01:03:59,510 --> 01:03:56,720

time and you're gradually kind of

1843

01:04:01,029 --> 01:03:59,520

pushing back you know pushing back uh

1844

01:04:03,670 --> 01:04:01,039

something

1845

01:04:04,390 --> 01:04:03,680

until it does actually have a noticeable

1846

01:04:07,510 --> 01:04:04,400

effect

1847

01:04:10,950 --> 01:04:07,520

uh and i think the idea of having

1848

01:04:11,990 --> 01:04:10,960

uh people put in that situation like

1849

01:04:15,829 --> 01:04:12,000

volunteers or

1850

01:04:18,309 --> 01:04:15,839

or whoever even bots even bots

1851

01:04:20,150 --> 01:04:18,319

will actually have an effect and it

1852

01:04:22,950 --> 01:04:20,160

would be great to see that that

1853

01:04:23,670 --> 01:04:22,960

working more in the future we we have

1854

01:04:26,549 --> 01:04:23,680

colleagues

1855

01:04:28,789 --> 01:04:26,559

um that we've been friends with uh vidya

1856

01:04:30,309 --> 01:04:28,799

ramalingam and ross fournette for years

1857

01:04:32,069 --> 01:04:30,319

that they have an organization called

1858

01:04:35,270 --> 01:04:32,079

moonshot cv so

1859

01:04:37,589 --> 01:04:35,280

countering extremism and they have this

1860

01:04:39,109 --> 01:04:37,599

technique they and what they do is it's

1861

01:04:40,710 --> 01:04:39,119

called redirection

1862

01:04:42,950 --> 01:04:40,720

and it's sort of they're working with

1863

01:04:43,829 --> 01:04:42,960

google so let's say someone googles how

1864

01:04:45,829 --> 01:04:43,839

do i kill a

1865

01:04:47,990 --> 01:04:45,839

you know insert name of group and

1866

01:04:50,309 --> 01:04:48,000

instead of getting for the algorithm

1867

01:04:51,109 --> 01:04:50,319

to give you how to kill the person it

1868

01:04:54,630 --> 01:04:51,119

suggests

1869

01:04:57,109 --> 01:04:54,640

something else and so this redirection

1870

01:04:58,069 --> 01:04:57,119

it fits very nicely with sofia's

1871

01:05:00,150 --> 01:04:58,079

suggestion about

1872

01:05:01,829 --> 01:05:00,160

elves because what it is is it's

1873

01:05:04,309 --> 01:05:01,839

redirecting your efforts

1874

01:05:05,910 --> 01:05:04,319

and your enthusiasm because many of the

1875

01:05:08,309 --> 01:05:05,920

people who believe in q anon

1876

01:05:10,470 --> 01:05:08,319

believe it with a passion but let's use

1877

01:05:13,670 --> 01:05:10,480

that passion and let's use it for good

1878

01:05:15,029 --> 01:05:13,680

and so you know in part because within

1879

01:05:16,630 --> 01:05:15,039

the terrorism community

1880

01:05:18,390 --> 01:05:16,640

it's a small group we all know each

1881

01:05:18,950 --> 01:05:18,400

other we all have each other on speed

1882

01:05:21,750 --> 01:05:18,960

dial

1883

01:05:23,510 --> 01:05:21,760

we read each other's work and you know

1884

01:05:26,309 --> 01:05:23,520

it's a really good idea

1885

01:05:27,029 --> 01:05:26,319

to be able to take someone's sort of

1886

01:05:29,829 --> 01:05:27,039

passion

1887

01:05:31,029 --> 01:05:29,839

but for good instead of for evil yeah

1888

01:05:33,190 --> 01:05:31,039

definitely

1889

01:05:34,870 --> 01:05:33,200

uh well i think we've kind of gone over

1890

01:05:36,549 --> 01:05:34,880

like a lot of the things in the book and

1891

01:05:39,750 --> 01:05:36,559

you've been talking for about an hour

1892

01:05:41,190 --> 01:05:39,760

uh so let do you have any um

1893

01:05:42,950 --> 01:05:41,200

kind of final thoughts that you want to

1894

01:05:45,430 --> 01:05:42,960

kind of wrap up this this with

1895

01:05:46,470 --> 01:05:45,440

uh maybe start with uh sophia well i

1896

01:05:48,950 --> 01:05:46,480

want to emphasize

1897

01:05:49,990 --> 01:05:48,960

what i um mentioned at the beginning

1898

01:05:53,270 --> 01:05:50,000

that q anon

1899

01:05:54,470 --> 01:05:53,280

is a very different kind of radical

1900

01:05:58,470 --> 01:05:54,480

movement

1901
01:06:00,710 --> 01:05:58,480
than we're used to and that we cannot

1902
01:06:01,750 --> 01:06:00,720
address it effectively without

1903
01:06:04,789 --> 01:06:01,760
developing

1904
01:06:08,549 --> 01:06:04,799
new treatments

1905
01:06:11,910 --> 01:06:08,559
new initiatives um and

1906
01:06:15,510 --> 01:06:11,920
as a psychologist uh one major direction

1907
01:06:16,150 --> 01:06:15,520
that i see that is necessary to pursue

1908
01:06:20,789 --> 01:06:16,160
in

1909
01:06:24,150 --> 01:06:20,799
health

1910
01:06:26,710 --> 01:06:24,160
and to offer opportunities for treatment

1911
01:06:28,630 --> 01:06:26,720
and to offer a variety of treatment that

1912
01:06:29,670 --> 01:06:28,640
would speak to a variety of different

1913
01:06:31,589 --> 01:06:29,680

people so

1914

01:06:33,750 --> 01:06:31,599

you know some somebody would be feeling

1915

01:06:36,069 --> 01:06:33,760

stigma then mbsr

1916

01:06:37,750 --> 01:06:36,079

is maybe a better possibility for them

1917

01:06:38,549 --> 01:06:37,760

than somebody who is happy with

1918

01:06:42,309 --> 01:06:38,559

traditional

1919

01:06:44,230 --> 01:06:42,319

psychotherapy um offering assessments

1920

01:06:46,870 --> 01:06:44,240

some schools are already doing that

1921

01:06:48,230 --> 01:06:46,880

but i think in general we all came out

1922

01:06:51,029 --> 01:06:48,240

of these lockdowns

1923

01:06:53,270 --> 01:06:51,039

not quite as well off as we were before

1924

01:06:55,589 --> 01:06:53,280

and we're seeing that across the board

1925

01:06:56,549 --> 01:06:55,599

um so you know something more

1926

01:06:59,510 --> 01:06:56,559

centralized

1927

01:06:59,990 --> 01:06:59,520

to gauge where we are and what we need

1928

01:07:02,870 --> 01:07:00,000

to be

1929

01:07:04,309 --> 01:07:02,880

better as far as mental health is a

1930

01:07:07,829 --> 01:07:04,319

really important

1931

01:07:11,750 --> 01:07:07,839

factor in this mia i wanted to add

1932

01:07:14,150 --> 01:07:11,760

that you know what we're seeing now is

1933

01:07:15,670 --> 01:07:14,160

very dangerous from the perspective of

1934

01:07:18,390 --> 01:07:15,680

it's gonna be very hard

1935

01:07:20,309 --> 01:07:18,400

to leave cuenon aside if one of the

1936

01:07:23,270 --> 01:07:20,319

major two political parties

1937

01:07:25,109 --> 01:07:23,280

is embracing it and we saw in the summer

1938

01:07:25,829 --> 01:07:25,119

of 2020 we talked about in the book we

1939

01:07:27,829 --> 01:07:25,839

had a

1940

01:07:29,190 --> 01:07:27,839

map where you could see which states

1941

01:07:32,230 --> 01:07:29,200

were most impacted

1942

01:07:33,510 --> 01:07:32,240

but we had 97 q on candidates going into

1943

01:07:37,349 --> 01:07:33,520

the primaries

1944

01:07:39,349 --> 01:07:37,359

of which 24 were successful um 22 were

1945

01:07:41,109 --> 01:07:39,359

republican two were independent

1946

01:07:43,589 --> 01:07:41,119

and two were successful so we have

1947

01:07:45,829 --> 01:07:43,599

lauren bobert marjorie taylor green

1948

01:07:47,829 --> 01:07:45,839

and we're a year before the next

1949

01:07:49,990 --> 01:07:47,839

election and we already have

1950

01:07:51,430 --> 01:07:50,000

20 q anon candidates which means that

1951

01:07:54,870 --> 01:07:51,440

we're going to see a lot more

1952

01:07:57,750 --> 01:07:54,880

but we're also seeing this very clever

1953

01:07:59,910 --> 01:07:57,760

approach to take over school boards to

1954

01:08:02,230 --> 01:07:59,920

make sure what the children are taught

1955

01:08:03,670 --> 01:08:02,240

either these q anon women are going to

1956

01:08:05,670 --> 01:08:03,680

homeschool their kids

1957

01:08:07,750 --> 01:08:05,680

or these kids are going to go to school

1958

01:08:09,910 --> 01:08:07,760

at the age of seven or eight

1959

01:08:11,829 --> 01:08:09,920

believing that there is a global cabal

1960

01:08:15,510 --> 01:08:11,839

so we're going to also need

1961

01:08:18,149 --> 01:08:15,520

to provide teachers with the ballast

1962

01:08:20,149 --> 01:08:18,159

to be able to confront what is going to

1963

01:08:22,550 --> 01:08:20,159

be acute generation

1964

01:08:24,309 --> 01:08:22,560

the most important thing we can do is we

1965

01:08:25,269 --> 01:08:24,319

need to separate the republican party

1966

01:08:27,910 --> 01:08:25,279

from q anon

1967

01:08:28,709 --> 01:08:27,920

we need to at least demonstrate to the

1968

01:08:30,789 --> 01:08:28,719

leadership

1969

01:08:31,749 --> 01:08:30,799

that initially was very difficult when

1970

01:08:34,229 --> 01:08:31,759

you look at

1971

01:08:36,470 --> 01:08:34,239

what kevin mccarthy and steven scalise

1972

01:08:39,269 --> 01:08:36,480

were saying about marjorie taylor greene

1973

01:08:41,349 --> 01:08:39,279

before she won her primary scalise

1974

01:08:44,070 --> 01:08:41,359

donated the maximum amount

1975

01:08:45,829 --> 01:08:44,080

to her opponent and and kevin mccarthy

1976

01:08:47,430 --> 01:08:45,839

called her looney tunes

1977

01:08:49,590 --> 01:08:47,440

and then all of a sudden when she wins

1978

01:08:50,950 --> 01:08:49,600

the primary she's now the doll

1979

01:08:53,189 --> 01:08:50,960

of the republican party because she's

1980

01:08:55,510 --> 01:08:53,199

raising money and so

1981

01:08:57,269 --> 01:08:55,520

we really do need to keep emphasizing

1982

01:08:59,269 --> 01:08:57,279

country before party

1983

01:09:01,669 --> 01:08:59,279

we need to get the republican party back

1984

01:09:03,669 --> 01:09:01,679

on track but we also we're probably

1985

01:09:07,590 --> 01:09:03,679

going to have to do it one more time

1986

01:09:08,630 --> 01:09:07,600

in 2022 and and get out the vote the way

1987

01:09:12,229 --> 01:09:08,640

people did

1988

01:09:12,630 --> 01:09:12,239

in 2020 because otherwise we're going to

1989

01:09:16,229 --> 01:09:12,640

have

1990

01:09:18,550 --> 01:09:16,239

a q anon um portion of congress

1991

01:09:20,070 --> 01:09:18,560

the way we had a tea party and they are

1992

01:09:23,189 --> 01:09:20,080

going to be able to

1993

01:09:23,669 --> 01:09:23,199

have a spoiler effect on any kind of

1994

01:09:26,309 --> 01:09:23,679

bill

1995

01:09:27,110 --> 01:09:26,319

or law in the future we do really have

1996

01:09:30,390 --> 01:09:27,120

to take it

1997

01:09:32,309 --> 01:09:30,400

seriously not like isis seriously but we

1998

01:09:34,709 --> 01:09:32,319

have to take it seriously because

1999

01:09:35,829 --> 01:09:34,719

it has such a corrosive effect on our

2000

01:09:38,870 --> 01:09:35,839

democracy

2001

01:09:41,189 --> 01:09:38,880

that in the long term this is a peril

2002

01:09:43,749 --> 01:09:41,199

that is far more dangerous than the red

2003

01:09:44,870 --> 01:09:43,759

peril was in the 50s

2004

01:09:46,470 --> 01:09:44,880

yeah that's great and that's something

2005

01:09:48,070 --> 01:09:46,480

that really resonated me with me when i

2006

01:09:50,870 --> 01:09:48,080

saw it in the book you mentioned your

2007

01:09:52,870 --> 01:09:50,880

uh q anon is not going away until it is

2008

01:09:53,430 --> 01:09:52,880

rejected by the republican party which i

2009

01:09:55,669 --> 01:09:53,440

think is

2010

01:09:56,870 --> 01:09:55,679

is very true it has this kind of tacit

2011

01:10:00,550 --> 01:09:56,880

acceptance

2012

01:10:02,310 --> 01:10:00,560

uh that is is allowing it to grow and

2013

01:10:05,350 --> 01:10:02,320

lets a lot of people get into it so

2014

01:10:07,110 --> 01:10:05,360

that's definitely a very important thing

2015

01:10:08,149 --> 01:10:07,120

well i want to thank you very much uh

2016

01:10:10,070 --> 01:10:08,159

for this discussion it's been

2017

01:10:12,229 --> 01:10:10,080

fascinating uh the book is pastels and

2018

01:10:15,430 --> 01:10:12,239

pedophiles inside the mind of q and on

2019

01:10:19,030 --> 01:10:15,440

by mia bloom and sophia moscalenko

2020

01:10:21,510 --> 01:10:19,040

and do you have social media that people

2021

01:10:24,950 --> 01:10:21,520

can follow you on like twitter

2022

01:10:26,390 --> 01:10:24,960

i'm at mia m bloom so all one word with

2023

01:10:30,550 --> 01:10:26,400

my middle initial

2024

01:10:31,669 --> 01:10:30,560

and uh i i i'm on twitter i try to be on

2025

01:10:35,270 --> 01:10:31,679

twitter a little less

2026

01:10:37,110 --> 01:10:35,280

but i am available also and if any of

2027

01:10:39,110 --> 01:10:37,120

the listeners have a question

2028

01:10:41,510 --> 01:10:39,120

you can contact me at the university i

2029

01:10:43,669 --> 01:10:41,520

answer every question that's posed

2030

01:10:45,510 --> 01:10:43,679

that's great thank you yeah i'm also on

2031

01:10:47,030 --> 01:10:45,520

twitter i forget my handle but if you

2032

01:10:49,350 --> 01:10:47,040

search my name they're not so many

2033

01:10:53,030 --> 01:10:49,360

people with my last names so

2034

01:10:55,990 --> 01:10:53,040

i think it's s mascalenco1 there you go

2035

01:10:56,470 --> 01:10:56,000

okay all right well thank you very much

2036

01:10:59,510 --> 01:10:56,480

again

2037

01:11:01,270 --> 01:10:59,520

and you uh uh i look forward to seeing

2038

01:11:02,709 --> 01:11:01,280

your your future books uh because you

2039

01:11:03,350 --> 01:11:02,719

know this one was very good and you

2040

01:11:05,270 --> 01:11:03,360

obviously have

2041

01:11:07,750 --> 01:11:05,280

a bunch of good books already and uh

2042

01:11:09,750 --> 01:11:07,760

good luck with your work in the future

2043

01:11:11,510 --> 01:11:09,760

thank you mr west and as i mentioned you

2044

01:11:13,750 --> 01:11:11,520

know i wasn't just flattering you

2045

01:11:15,830 --> 01:11:13,760

i really what had happened was i had

2046

01:11:17,030 --> 01:11:15,840

been both sophie and i were briefing

2047

01:11:19,510 --> 01:11:17,040

fort bragg

2048

01:11:20,950 --> 01:11:19,520

and it was the soldiers that brought me

2049

01:11:22,950 --> 01:11:20,960

a copy of your book

2050

01:11:23,990 --> 01:11:22,960

and they said have you read this and i

2051

01:11:25,910 --> 01:11:24,000

said i haven't

2052

01:11:27,669 --> 01:11:25,920

and so then i downloaded all of your

2053

01:11:31,270 --> 01:11:27,679

podcasts and i read your book

2054

01:11:33,990 --> 01:11:31,280

so you have a massive following among

2055

01:11:36,229 --> 01:11:34,000

the elite soldiers at fort bragg who

2056

01:11:37,830 --> 01:11:36,239

said you have to read this

2057

01:11:39,750 --> 01:11:37,840

so thank you can't complain well thank

2058

01:11:40,630 --> 01:11:39,760

you thank you very much all right guys