



Shadow people

“5 shadow people” was a programming technique that the family said was to form a wall of safety between me and outsiders so I wouldn’t tell; if I did tell the dark human shadow called a guard would come to me and if it told me to abuse myself in some way then that’s what I would have to do, or so the programming legend said. The shadow people kept me feeling isolated, in aloneness, and fearful which was nothing new. Everything the family did had that effect on me. When I was very young the idea of shadow people created a no-win situation for me because the shadow people were always with me, always watching me for any slip-up.

Have you ever tried to lose your shadow?

... Hope, a Canadian survivor of RAT

A participant of our “kitchen table” research project, 1998