



**PEOPLE WITH  
STOCKHOLM SYNDROME  
ARE MORE LIKELY TO  
TRUST THESE PEOPLE...**

**...AND FEAR  
THESE PEOPLE**

# Stockholm Syndrome

(sometimes referred to as “trauma bonding”  
If it’s a relationship of domestic violence)

Stockholm Syndrome is a psychological state in which the victims of a kidnapping – or persons detained against their free will (ie, prisoners) – develop a bond/connection with their captors

- ↳ Captivity – which brings the victim into prolonged contact with the aggressor – creates a special type of relationship, one of coercive control.
- ↳ The goal of the aggressor is to instill in his victim not only fear of death but also gratitude for being allowed to live.
- ↳ Victims live in enforced dependence and interpret rare or small acts of kindness in the midst of horrible conditions as good treatment. They often become hypervigilant to the needs and demands of their captors, making psychological links between the captors’ happiness and their own.
- ↳ Captives come to trust (or rely on) the aggressor, and fear rescuers.

There are four key components that characterize Stockholm syndrome:

1. A hostage's development of positive feelings towards the captor
2. No previous relationship between hostage and captor
3. A refusal by hostages to cooperate with police and other government authorities
4. A hostage's belief in the humanity of the captor, ceasing to perceive them as a threat, when the victim comes to hold the same values as the aggressor.

## Vital Statistics:

FBI: Stockholm Syndrome occurs  
in 8% of hosting situations

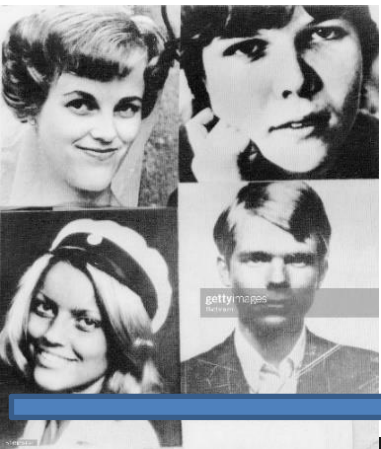
It is rooted in Defense Mechanisms run amok

- Denial
- Excessive empathy
- Identification with the aggressor

Related . . .

Gaslighting is a form of psychological manipulation in which the abuser attempts to sow self-doubt and confusion in their victim's mind.

Typically, gaslighters are seeking to gain power and control over the other person, by distorting reality and forcing them to question their own judgment and intuition

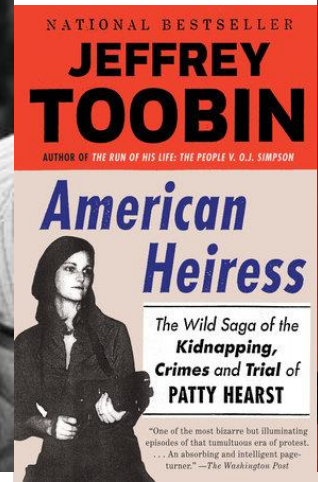


## The Norrmalmstorg robbery

23-26 August 1973

Jan-Erik Olsson was a convicted criminal who had disappeared while on furlough from prison and then held up a bank and took four hostages.

During the negotiations that followed, Swedish Minister of Justice allowed Olsson's former cellmate and friend Clark Olofsson to be brought from prison to the bank. Famously, the hostages then bonded with their captors and appeared to protect them.



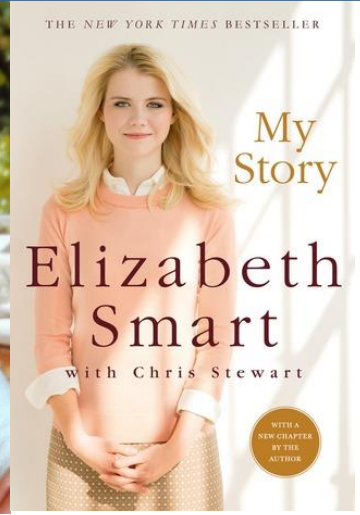
## Patty Hearst

Granddaughter of William Randolph Hearst  
Kidnapped in 1974 in Berkeley by the Symbionese Liberation Army.

Police-Terrorist communication through SF Chronicle  
In captivity: isolation and physical assault. Assumes a new identity. Joins group

Does not reemerge for 19 months

Served 2 years in prison. Sentence commuted by Carter, Pardoned by Clinton



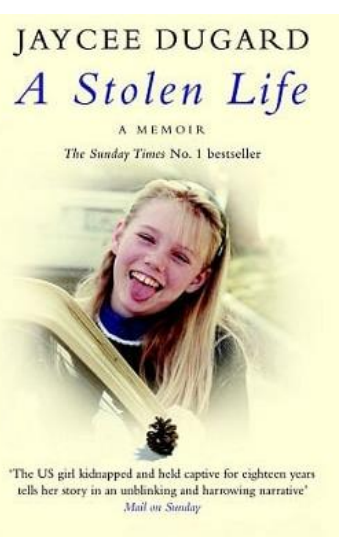
## Elizabeth Smart

Kidnapped 2002 from Salt Lake City while younger sister slept. Age 14.  
Captive for nine months

Kidnapper and wife were psychotic, claimed to be religious preacher  
Captivity: hidden in woods, raped, forced to take drugs, drink, view pornography, starved her, fed her garbage, threatened to kill her, accompanied captors on various occasions dressed head-to-toe in white robes.

Kidnapper sentenced to life in prison with no possibility of parole; wife sentenced to 15 years

Kidnapper has narcissistic and antisocial personality disorder with psychotic features; questionable competence to stand trial.



## Jaycee Dugard

The longest captive in world history (18 years!)

Kidnapped in 1991 near Lake Tahoe at age 11. Abducted from a school bus stop in California. Tased by driver to get her into the car.

Found: in 2009, a convicted sex offender visited UC Berkeley campus with two young girls (ages 11 and 15). Their unusual behavior sparked a police investigation. He is ordered to bring the girls to the station, and is accompanied by Jaycee Dugard. The girls are their biological children. He is arrested, the other three freed.

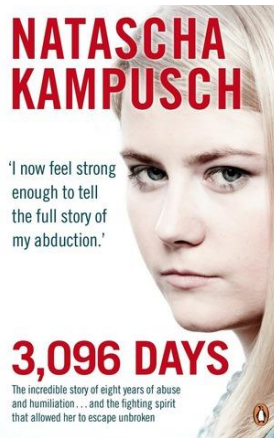
What happened: kidnapped, then kept in a concealed tent, shed, etc in area behind the kidnappers house in Antioch CA. chained in soundproof structures. Threat of attack dogs, and to sell her. Raped. Gave birth to two girls.

Kidnappers (two!) alternated between control of Jaycee and apologizing to her. Guy made excuses (God, uncontrollable, ...)

Gave gifts (kittens, stuffed animals) which then disappeared

In time she is told to refer to female kidnapper as mom. She starts to work in their shop, interacting with customers. Had access to own email

Kidnapper sentenced to 431 years to life. His wife sentenced to 36 years to life.



## Natascha Kampusch

Born in Austria, kidnapped at age 10 (1998)

According to Natascha herself, he kidnapped her so that she would do housework for him. Přiklopil watched her daily schedule and made sure that his prisoner continued to study by reading books. Also, he told her that the exit was rigged, so without him, she couldn't get out. Kidnapper was trying to forge documents to "start a new life" with victim in the Czech Republic

Captivity: confined indoors, tv/radio, beaten, starved, cooking.

Escape: At age 18, at 12:53p, she was cleaning and vacuuming her kidnapper's sportscar in the garden when Přiklopil got a call on his mobile phone. Because of the vacuum's loud noise, he walked away to take the call. She escapes to the home of a 71 year old neighbor, he commits suicide.

Today: she bought the home in which she was a captive and lives there! Why did she buy it? She wants to prevent it becoming a "theme park" for horror buffs and the doubters of her story,



## Mary McElroy

1933, 25-year old Mary McElroy was taking a bubble bath in her father's house when she was abducted by four men. They broke into the home with a shotgun. Waited for her to get dressed, then took her to an old farmhouse and chained her to the wall. Held for ransom

Only held for two days before money is paid for her release.

Three of the men were captured less than a month later and sent to trial.

Captivity: Mary said that she was well cared for during 29 hours in captivity; apparently, one of the men even gave her flowers. When the trial concluded and all three men were given harsh sentences.

Mary was riddled with guilt. She publicly sympathized with her abductors and called upon the Governor to reverse the sentence. Mary remained friends with the kidnappers throughout their

incarceration, visiting them in prison and bringing gifts.

The ordeal led to multiple nervous breakdowns in Mary. After her father died in 1939, Mary's mental state collapsed. 1940, she committed suicide with a pistol (age 32). Part of her suicide note read: "My four kidnappers are probably the four people on earth who don't consider me an utter fool. You have your death penalty now – so – please – give them a chance."

Commonly asked questions...



Belle actively argues and disagrees with Beast constantly.

She has NONE of the characteristics of someone with Stockholm Syndrome because she keeps her independence, she keeps that freedom of thought.

↳ Note: in the original Beauty and the Beast fairy tale, written in 1740, there were allusions to Stockholm Syndrome, but those have been largely removed in the modern versions.

- ❖ Lima syndrome is the exact inverse of Stockholm syndrome. In this case, hostage-takers or victimizers become sympathetic to the wishes and needs of the hostages or victims. (The name comes from a 1996 Japanese embassy hostage crisis in Lima, Peru.)

↳ Beast from B&theB fits Lime Syndrome criteria