TORTURE

Previously

Acts
- Escape
- Introspection
- Militant deactivation
- Life change
- Tense wait

Feelings
- Silence
- Loneliness
- Anxiety
- Nightmares
- Fear of detention

Methods

Physicals
- Wood
- "Stick"
- "Operatin room"
- "Bag"
- Electrodes
- Hits
- Position
- Exercises

Psychologicals
- Humiliation
- Contempt
- Threats
- Self-incriminate
- Exploit weakness points
- Love deception
- Techniques to break the identity

Sexuals
- Rape
- Aggression
- Attack
- Fondling
- Caresses
- Sexism

Conclusions

Emotionals
- Annulment
- Lose self-esteem
- Shame
- Weakness
- Hopelessness
- Frustration
- Hate
- Anxiety
- Restlessness
- Fear

Personal beliefs
- Dependence
- Guilt
- Lack of security
- Distrust of the world
- Distortion between good and evil
- Make it implausible
- Lost of control
- Dissociation

Sexuals
- Annulment of femininity
- Loss of intimacy
- Loss of sexual identity
- Physical complexes

Meaning

Feelings
- Violence
- Isolation
- The destruction of the person
- Pain
- Loss of identity
- Want to die
- Loneliness
- Waste of time
- Lost of awareness
- Sex - object

Physical sensations
- Darkness
- Bad smell
- Humidity
- Dirt
- Disgust

Afterwards

Resources to overcome

SOCIAL
- Reparation
- Share the experience
- Solidarity
- Show it
- Credibility
- Fight
- References
- Thruth
- Dignity

INDIVIDUAL
- Understand
- Work it
- Cure
- Recover Security
- Rebuild life
- Inner strength

Overcoming difficulties

SOCIAL
- Impunity
- Silence
- Hypocrisy
- Normalisation
- Amnesia

INDIVIDUAL
- Silence
- Ignorance
- Isolation