

Seeing through the glammers

Engineered Reality Scoring Sheet

Type	Question	Example	Score
1. Timing	Does timing feel suspicious or coincidental with other events?	A story about contaminated water at the same time as a political scandal.	
2. Emotional manipulation	Does it provoke guilt, fear or outrage without solid evidence?	The news shows crying children, but doesn't tell you the actual cause.	
3. Uniform messaging	Are the same ideas repeated across mainstream media?	All msm use the same headlines and phrases.	
4. Missing information	Are alternative views or important details being excluded?	Very few sources are discussing alternative causes.	
5. Simplistic narratives	Is there a "good vs evil" dynamic?	One person or company is being blamed, but systemic causes are avoided.	
6. Tribal division	Is there an "us vs them" mentality?	White people are blamed while black people are victims.	
7. Call to urgent action	Does it encourage you to make immediate decisions without time for reflection?	Fast campaigns that push for immediate changes to laws or emergency donations.	
8. Authority overload	Are "experts" driving the narrative?	None environmental expert pushing green policies.	
9. Overuse of novelty	Is the event being framed as shocking or "unprecedented" or "novel"?	Media keep repeating how shocking and unprecedented it is.	
10. Gain (financial or political)	Who benefits? Powerful figures or groups?	MP talking of the importance of a product, when they've got shares in that product.	
11. Suppression of dissent	Are critics being silenced?	Opponents are being dismissed as "deniers" or "conspiracy theorists"	
12. False dilemmas	Does there seem to be only two extreme choices or options?	"If you don't do /support what we say, then you don't care about old people"	
13. Bandwagon effect	Is there pressure to conform "because everyone is doing it"?	Celebs and influencers all using the same hashtags to get people to join them.	
14. Emotional repetition	Are the same emotional triggers being repeated over and over?	Death tolls and awful imagery being shown on loop on tv and online.	
15. Cherry picking data	Are statistics or data being displayed out of context or selectively?	Shocking figures and stats on tv and online, but with nothing to say how they were calculated.	
16. Logical fallacies	Are flawed arguments being used to dismiss critics?	Critics are labeled as "nutcases" or "conspiracy theorists" without exploring their points of view.	
17. Manufactured outrage	Does public outrage seem sudden, extreme or disproportionate?	viral images and memes elicit outrage and anger with little or no context.	
18. Framing techniques	Is the narrative being shaped to control how you perceive it?	Crisis is framed as preventable without mentioning systemic issues.	
19. Rapid behaviour shifts	Are there groups who are adopting symbols or mass action without reason?	Social media suddenly flooded with sunshine emojis.	
20. Historical parallels	Is the story being compared to past events which were manipulated or manufactured?	Past climate warnings were used to bring in new taxes or laws.	

scoring:

1 = no sign of manipulation
5 = clear evidence of manipulation

Result:

0-25 = low likelihood of psy-op
26-50 = moderate likelihood
51-75 = high likelihood
76+ = overwhelming sign of manipulation