

Narrative Warfare Toolkit

Strategic Disruption of State Legitimacy Through Memetic and Cognitive Resistance





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They don't just control us with guns. They control us with stories.

The state survives through image: the uniform, the badge, the headline, the chant that was never ours. Police legitimacy isn't a given, it's maintained through psychological warfare. That means our counter is **narrative insurgency**.

This guide is a weapon for trans radicals, street performers, shitposters, and movement mythmakers. It doesn't ask you to fight fire with fire. It asks you to fight cops with glitter. Bureaucracy with satire. Repression with memes.

Inside, you'll find:

- How to dismantle the gravitas of state power using clown logic
- Tactical deployment of humor, folklore, memes, and rumor
- Psychological overload tactics for field disruptions
- Story hijacking strategies and narrative infection points
- Reframing language and public symbols to mock state sanctity
- Distribution hacks for spreading message warfare undetected

Because revolution isn't just rage, **it's theater, it's language, it's contagious laughter in the face of authority.**

INTRODUCTION

Psychological warfare is not just for governments. It belongs to the people, too. Every meme, chant, story, and viral moment is a battlefield. The police and state survive not just through violence, but through legitimacy: uniforms, flags, news narratives, and the belief that *they are in control*. This guide is about breaking that belief.

Narrative warfare is psychological guerrilla warfare. And it's not only possible, it's fun, funny, and radically effective.



OBJECTIVES OF PEOPLE'S PSY-WAR

- **Delegitimize the State:** Make them look foolish, weak, or corrupt
- **Frighten and Confuse the Enforcers:** Disrupt their perception of control
- **Elevate Rebellion as Normal, Noble, and Inevitable**
- **Disrupt Surveillance and Intelligence Confidence**
- **Build Public Sympathy and Political Cover for Action**

TACTICAL CATEGORIES

1. **Symbol Subversion & Uniform Deconstruction**
2. **Memetic Warfare (Propaganda 2.0)**
3. **Rumor Engineering & Viral Disinformation**
4. **Psychic Overload & Sensory Disruption**
5. **Narrative Seeding & Story Hijacking**
6. **Language Weaponization & Moral Frame Collapse**

1. SYMBOL SUBVERSION

- **Mock Uniforms and Costumes** – Dress as cops in absurd ways: pink riot gear, clown helmets, glitter shields
- **Reverse Police Language** – Label them “rioters,” “insurgents,” “agitators,” and “thugs”
- **Flag Parodying** – Flip state or police flags upside down, recolor, distort
- **Graffiti on Police Statues and Signs** – Publicly mark the space with shame
- **Distribute “Fake Cop ID” Templates for Art** – Undermine badge sanctity

2. MEMETIC WARFARE

- **Create and Distribute Viral Anti-Cop Memes** – Use humor, rage, absurdity
- **Frame Police as Inept, Cowardly, and Insecure** – Example: “Riot gear for a water bottle”
- **Make the Oppressor the Punchline** – Every joke weakens their psychological hold
- **Build Meme Campaigns with Daily Themes** – Coordinate memetic floods across social platforms



3. RUMOR ENGINEERING

- **Start Civil Disobedience Hoaxes** – False protest times to overextend police
- **Leak “Insider Tips” That Distract or Confuse** – Fake threats to draw resources away
- **Spread Ridiculous but Viral Conspiracy Theories About Police Incompetence**
- **Embed Absurdities in Mainstream Discourse (e.g. “Cops afraid of corn”)** – Disarm belief in their competence

4. PSYCHIC OVERLOAD (IN THE FIELD)

- **Deploy Flashing Lights, Strobes, Lasers, Loud Music** – Disorient and overwhelm senses
- **Use Unexpected Props: Mirrors, Balloons, Costumes** – Break cognitive flow
- **Chant Ridiculous Rhymes to Undermine Gravitas** – “Oink oink, that’s the sound of the beast!”
- **Make Them Laugh or Lose Composure** – Police fear ridicule more than resistance

5. NARRATIVE SEEDING

- **Embed Anti-Police Storylines in Art, Comics, Music, Theater**
- **Write and Share Micro-Fiction About Rebellions, Alternate Futures**
- **Create “Folk Heroes” and Mythologies Around Resistance**
- **Turn Arrested Comrades into Icons Through Story** – Elevate, never disappear

6. LANGUAGE WEAPONIZATION

- **Hijack Official Language: “Public Safety” = “State Violence”**
- **Use Repetition to Reframe Concepts: “They don’t protect us, they protect property.”**
- **Invent New Terms for Old Oppression: “Surveiltech,” “Copaganda,” “Badge Fragility”**
- **Introduce “Cursed Acronyms” to Mock Bureaucracy (e.g. LAPDOG = LAPD Office of Gentrification)**



ACTIONS TO COMBINE WITH PSY-WAR

- Banner drops with absurd slogans
- Flash mobs in riot gear parody
- Theater troupes mocking surveillance
- Art installations in front of police stations
- Fake government flyers announcing ridiculous reforms
- Surprise press conferences with “spoofed” spokespeople

DISTRIBUTION TACTICS

- Use burner accounts and VPNs for memetic ops
- Create and delete accounts to go viral without trace
- Upload mirrored videos across platforms
- Print QR code stickers linking to anti-cop propaganda
- Infiltrate mainstream threads with comment storms

CASE EXAMPLES

- **“Billionaire Tears” Meme Campaign** – Targeted oligarchs and delegitimized wealth hoarding
- **“ACAB Alphabet Song” TikTok Trend** – Spread radical politics through pop formats
- **Glitter Bombs at Council Meetings** – Tactical fabulousness + disruption
- **Portland Wall of Moms / Leafblower Dads** – Reframed resistance as moral duty

CONCLUSION

Psychological warfare is what they use to colonize us. Narrative warfare is how we decolonize our minds, and theirs. You don’t need a gun to destabilize a regime. You just need a good story, a sharp joke, a camera, and a crowd.

Make the cops the clowns. Make the state the side villain. Make the people the legend.

Legal Disclaimer

This guide is for educational, cultural, and strategic literacy purposes. It contains no calls to violence or illegal conduct. All content is derived from public, historical, and artistic examples of social commentary and protest expression.

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