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RANK	TITLE	DESCRIPTOR
0	SAFE GROUP	Group respects the autonomy of its members, ensuring transparency in information sharing, and fostering an environment where individuals are free to think and act independently without fear of manipulation or coercion.
1	BENIGN GROUP	This group may have a couple of mild cult-like characteristics but is generally considered safe and non- threatening.
2	MOSTLY BENIGN GROUP	The group exhibits some minor characteristics commonly associated with cults, but these are not typically harmful on their own. Individual experiences within the group may vary.
3	VERGE OF CULTISH	Generally considered a safe group, although some characteristics may raise questions, particularly if it is a tight-knit group. Individual experiences within the group may vary.
4	A BIT CULTISH	Cult-like characteristics are noticeable and may raise concerns, but they are not inherently harmful. However, some individuals within the group may experience overt negative effects.
5	CULTISH	Cult-like behaviours within the group are pronounced, increasing the likelihood of exploitation and causing harm to its members' well-being.
6	CULT	The group's practices and beliefs pose a substantial risk of exploitation and harm to its members, affecting their physical, mental, and emotional health.
7	SIGNIFICANTLY HARMFUL CULT	The group's practices and beliefs cause harm to most members. In many cases, there is pronounced negative impacts on their lives and future.
8	LIKELY DESTRUCTIVE CULT	The group's behaviours and ideologies are explicitly harmful, resulting in significant negative impacts on its members' lives.
9	HIGHLY DESTRUCTIVE CULT	The group's practices and beliefs are profoundly damaging, posing a severe threat to its members' safety, autonomy, and physical well-being.
10	EXTREMELY DESTRUCTIVE CULT	This group exhibits the most severe cult-like behaviours, leading to extreme harm (physical, mental, and emotional), and manipulation. Potential for death of its members more likely than other categories. www.recoverfromcoercivecontrol.com