

# Due Care Required

(Re: Undermining)

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This notification raises concerns about the recent undermining of both awareness raising initiatives and help initiatives in relation to the general benzodiazepine cause while addressing some of the criticisms and accusations made during the lead up to World Benzodiazepine Awareness Day 2022, occurring after the recent subversion of the platform and its revival.

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# 1. General Undermining of Wider BZ Cause

In light of recent events, it is important to bring to attention the fact that there has been a recent general undermining of various initiatives within the BZ affected community, where there has been a negative undercurrent manifesting itself in a seemingly consistent pattern.

This brings with it the need for greater levels of awareness and due care to ensure we avoid allowing any further damages to the BZ affected community or to the wider cause.

In addition to the recent subversion of World Benzodiazepine Awareness Day (W-BAD), other group initiatives have also been met with infiltrations and subjected to undermining. Not just this, but credible people who have been making genuine efforts towards helping others have been met with malicious attacks, significantly affecting their ability to continue their valuable work. The witnessing of malicious comments on the part of those in leadership positions towards vulnerable members of the community has also been of concern, which begs the question, should our cause be operating in such a way?

## 2. More Recent Events (Re: W-BAD)

More recently, during the days leading up to W-BAD 2022, after a solid two year effort under exceptionally difficult circumstances to revive the platform, Ally Nugent (Ally Sun), who is known to be a longstanding supporter of those responsible for the initial largescale dismantling and later destruction of the W-BAD platform, began commenting under posts made on the W-BAD Facebook page, where she proceeded to question and criticise restoration of the original purpose, leadership and values.

Considering that the W-BAD platform had only just been revived from total decimation and that this flurry of criticisms occurred during the lead up to July 11, it is important to understand the corresponding nature and potential damages of such actions.

With her argument having proved ill-founded and having reached a point of exhaustion, she exclaimed that her final comment was to be her last, or was it? The next day, a never before heard of identity in Randall Miller suddenly appeared, seemingly ready to take over with the task of laying untoward criticisms.

## 3. Emerging Picture

While there remains the possibility that Randall Miller could be a genuine person, the emergence of the following picture is worthy of consideration.

1. Until the above event, Randall Miller was a complete unknown.
2. The profile appears newly made with no posts, no friends, no history and absolutely no content.

3. In contrast to the comment about having been tapering for a year, this name has not appeared in any of the online support groups.
4. The name Randall Miller oddly turned up for the very first time with the only point of contact being the newly formed W-BAD Facebook page (the creation of which was one of the last things Michelle contributed to W-BAD).
5. Despite claiming to be new to the community, the person going by this name had already blocked Jason Bond, which is interesting considering there had been no acquaintance.

For a supposed fresh community member, this presents as an unlikely action / set of circumstances and suggests that the person behind this identity must have already been aware of him, knowing that he would not tolerate any misguided criticisms or unfounded accusations. Additionally noteworthy is that Ally Sun herself had also blocked Jason Bond.

6. This new person going by the name of Randal Miller immediately took up the role of laying criticisms the very day after the ill-founded criticisms being laid by Ally Sun had reached a point of exhaustion.
7. By clicking on likes, Ally Sun supported the subsequent criticisms made under the name of Randall Miller.
8. A Google search for the name Randall Miller Sydney Australia bears nothing of any resemblance if anything at all .

### Observations:

On top of this identity appearing unauthentic, it would also seem unusual for anyone supposedly new to any community to come out and make their very first appearance by openly criticising an established figure of an important global initiative within context of an open public forum, when one would expect anybody new to be concentrating more on finding their way and trying to make friends, or at least trying to seek support – in this case for withdrawal. Notably, there appears to have been no such efforts.

Similarly, it would seem unusual for somebody supposedly new to the community to come out and openly comment on Michelle (see next section), something and somebody they would have otherwise likely known nothing about.

Even if the identity of Randall Miller turns out to be genuine, based on the nature of comments within overall context of things, it would appear the intention is geared not so much towards contributing as it is towards undermining. The possibility of having been solicited may also be a worthy consideration.

## 4. Comment History

Below is the comment history that appears under the name of Randall Miller.

1. The first comment came under the 9 July 2022 post: “Response Over Leadership, Values and Michelle’s Connection to W-BAD”.

It lays down criticisms about alleged unprofessionalism, i.e. labelling legitimate responses to attacks as being unprofessional (consisting of negative ill-founded criticism, this was likely aimed at inciting and agitating conflict).

2. The second came under the 3 July 2022 post: “Paying Tribute to Michelle”.

It indirectly makes accusations of preying on people’s love for Michelle and suggests that her tribute is for self-serving interests (this comment was made without any apparent regard for the mutually trusting and respectful relationship shared between Michelle and me or for her invaluable connection to W-BAD).

3. The third came under the 23 June 2022 post: “Keeping Updated on W-BAD”.

It asks people to identify the page admin (this was likely for the purpose of recruiting and channelling negative attention).

4. The fourth comment came under the 12 June 2022 post: “W-BAD T-shirts”.

It firstly asks if files would be made available to print in high quality (given this came off the back of other negative criticisms just days before W-BAD, it is unlikely there was ever any intention to print a shirt – rather it was more likely intended for provocation and to set up the follow-through attack shown below).

After having provided an explanation about t-shirts along with an invitation to contribute through participation, the person going by the name of Randall Miller declined and proceeded to ridicule recently published background information (information that had been made necessary for the purpose of responding to ongoing ill-founded accusations and for the purpose of protecting the truth in relation to the recent subversion of W-BAD as well as to shine light on the wider undermining of the overall cause).

5. The fifth comment came under the 9 July 2022 post: “Participating in W-BAD 2022”.

It asks if a single post can be made without raising “perceived victimhood,” in other words, suggesting everything being done is for self-serving interests, while inferring that the personal damages, the damages to W-BAD and the struggles to revive and maintain it are neither real nor valid.

The comment about “perceived victimhood” also happens to echo Ally’s earlier claim of alleged “self-awareness issues”. Further, she is the only person to have made such a suggestion in all the many years of campaigning – again this claim inferring that the personal damages and the damages to W-BAD along with the efforts to revive it are neither real nor valid.

NB: The above comments were preceded by a spate of earlier comments from Ally Sun – a known longstanding supporter of those responsible for the ultimate destruction of W-BAD. Her earlier comments appear under the Relaunch Notice and Leadership posts, questioning and criticising restoration of the original purpose, leadership, values and legitimacy.

### Observations:

The above history of comments and criticisms present as classic examples of ‘targeted’ trolling. This type of engaging is unhelpful, disrespectful, unconstructive and only serves to stir up a ruckus of dissension (inciting disagreements for the purpose of creating wider discord and divisions).

Trolling definition (source Wikipedia):

*In Internet slang, a troll is a person who posts inflammatory, insincere, digressive, extraneous, or off-topic messages in an online community, with the intent of provoking readers into displaying emotional responses or manipulating others' perception.*

## 5. Principle of Reversal

Considering the aforementioned comments were directed at the person who not only established the W-BAD platform, but also revived it after it was decimated, shows us that the criticisms are based on the principle of reversals, i.e. flipping the script and turning reality on its head.

With the benefit of previous lessons learnt, together with the invaluable insights and knowledge Michelle has imparted, the above appears to be based on manipulations known as DARVO (whereby the situation is reversed), gaslighting (sowing seeds of doubt with misleading innuendos) and social grooming – all done for the purpose of recruiting support to fulfil an ulterior objective, namely: to undermine, suppress, invalidate and disempower (see link below).

<https://medium.com/narcissistic-abuse-rehab/how-narcissists-use-darvo-to-escape-accountability-f0cb48708010>

This creates a recipe for a repeat of the collapse that we have already witnessed in the recent history of W-BAD, the same recipe used for the undermining of other initiatives, characterised by a divide and conquer type approach, all of which, coming at the expense of the overall cause.

## 6. Tactical Characteristics

Based on previous experiences, it appears that some of the tactics used are characterised by blame shifting, twisting, baiting, provocation, snipping, sequential attacks and creating general discord.

Often there is an accusation drawing a defensive response (provocation), which then sets the stage for successive attacks. For example, when leadership is questioned, a legitimate response is provided only to be met by further deflective substanceless accusations such as “being unprofessional,” “using too much unnecessary background information,” “making it all about oneself,” “being overdramatic,” etc.

These types of sequential accusations echo the same type of hostilities that were associated with the initial undermining of W-BAD.

One such example was when being accused of doing very little (despite the polar opposite being true), a legitimate response outlining contributions was provided, which then set the stage for the follow-through attack, namely being told, “It’s not a pissing contest,” effectively resulting in further accusations of being egotistical. That is to say, they took an initially failed accusation of procrastination and completely turned the situation into a renewed accusation of boastfulness.

The fact is, there is never any way to placate or please those with such a mind, as their ultimate objective is to clearly undermine, and they will continue to find ways in which to do that, twisting and reframing reality as they go.

In addition to attempting to discredit people, the open criticisms also serve to create discord within groups which in turn promotes disengagement, and unless sufficiently contained, can bring about ultimate disbandment.

An example of this can be seen under the 9 July 2022 post: “Response Over Leadership, Values and Michelle’s Connection to W-BAD”. In reference to criticisms made by Ally Sun and the response provided, an onlooker commented, “*All this discord does nothing to help those suffering. This is why I left the groups.*” (NB: The resulting show of discord received one like from Randall Miller).

The above provides a clear example of how these ill-founded criticisms and accusations create discord, disharmony and rifts, which undermines W-BAD’s ethos of “Change though Unity” along with other associated values ([see W-BAD Values page](#)).

While some of those responsible act overtly, there are also those who act covertly. The manipulative prowess of people who engage in DARVO, gaslighting and social grooming type practices is off the charts and can be extremely difficult to detect, especially when it is interwoven with what could otherwise be legitimate argument, resulting in the attacks being delivered in stealth-like fashion.

Often the person on the receiving end is forced into defensive patterns known as “JADE,” whereby they find themselves constantly needing to engage with the accuser as per the acronym, namely: Justify, Argue, Defend and Explain. Understandably, this can get people walking on eggshells, creates rifts, steers related initiatives towards demise and ultimately undermines individual groups as well as the wider cause.

## 7. Social Grooming Effects

The aforementioned sniping and accusations also serve as a social grooming tactic, resulting in the soliciting of similar comments and recruiting of negative support to discredit leadership and undermine the platform (yet once again) to the contrary.

An example of how this type of social grooming can reverse an onlooker's perception of events is shown in a comment made by a particular individual (initials CP). While commenting under the 9 July 2022 post "Participating in W-BAD 2022" he came out in support of the reframed version of the situation, and said *"So we traded T-shirts, videos and awareness for a Unabomber type manifesto. Nice!!"*

Of particular note is that he has somehow managed to associate the REVIVAL of W-BAD (after it had been ruthlessly decimated by others) with "a Unabomber type manifesto," effectively, lending support to the reversal of reality, while concluding with the cynical remark "nice!!". Subsequently, despite the apparent obviousness of the situation, he has supported a complete reversal of reality.

Regarding the video part, he appears to have overlooked the fact that the current unavailability of the W-BAD video channel is entirely due to the previous destruction of the platform – a platform that has only just been restored after a solid two year effort by the founder under exceedingly difficult circumstances with limited resources – all of which has been explained in the relaunch notice.

Regarding the awareness part, common sense tells us that the previous destruction had rendered "awareness" impossible while the recent revival has once again made "awareness" possible.

Regarding the t-shirt part, while people were invited to print their own, the current unavailability of apparel along with other limitations has also been explained in the Relaunch Notice.

Interestingly, he uses the pronoun "We" as if to involve others in trying to validate the stance for his argument and assume an inclusive active part in the situation despite having had no involvement in the establishing of W-BAD, the revival effort, the running of the platform, nor in its ongoing maintenance.

While somehow managing to overlook the previous destruction of W-BAD, and while somehow managing to associate the revival with destruction, the hard reality is simply this: had there been no revival effort, and had there been no data backup, W-BAD (the people's platform that so many had contributed to over the years) would have been lost forever, and those responsible appeared to have had no regard for this or the fact that it carries the late Prof. Heather Ashton's honour.

The simplest tell-tale sign in deciding which is right and which is wrong is to simply look at how W-BAD was initially (including its potential), what had become of it (largescale dismantling, dehumanisation, overturning of values, removal of functionality etc.) and compare that with how it is now: restored and relaunched, back on track to fulfilling its intended ethos and purpose (see newly relaunched website and Relaunch Notice).

## 8. Considerations / Questions

The aforementioned raises questions as follows.

- Why would people who are supposedly representing the cause be undermining wider efforts and initiatives?
- Why would individuals pursue a series of attacks and criticisms during the lead up to July 11 when the platform had only just been revived from total decimation and at a time when people are generally banding together in a unified effort for the wider cause?

## 9. Remaining Vigilant

In light of recent events, people need to remain duly vigilant as the manipulative prowess of those who engage in DARVO and gaslighting type practices for the purpose of undermining can be incredibly difficult to deal with.

Provoking people into providing ongoing responses can also set the stage for making legitimate defence appear as if there may be reason for guilt (despite the opposite being true). It can also make people appear as if they are acting over the top or acting irrationally, sometimes sending them into a tailspin, appeasing multiple ill-founded claims, which in turn diverts valuable time, energy and resources.

While it probably only takes minutes for those who are anti to dish out a few lines of damaging ill-founded slander, it can take several weeks to prepare a rational response based on facts for the purpose of protecting the truth and integrity – much in the same way it takes builders a great deal of time and effort to build a house but only takes an arsonist minutes to destroy.

Subsequently, it often becomes a case of having to balance out the need for minimising unnecessary responses with the need for maximising protection of the truth and integrity.

Similar to benzodiazepines, a big part of it is understanding how they work and then doing what we can to protect ourselves from there. Naturally, surrounding ourselves with goodhearted people with compassion, integrity and a willingness to contribute constructively is a good way to get things moving in a positive direction.

## 10. Lingering Effects

Keeping with the analogy of benzodiazepines, the current situation regarding W-BAD can be compared to the platform having just gone through withdrawal, i.e. it is still in the recovery stage and not yet fully functioning as intended.

One thing that stood out for W-BAD in 2022 was the lingering effects of the immediately preceding culture based on fear and control – a culture responsible for the recent internal subversion and dehumanisation of the platform.

This lingering effect was evident in the fact that people mainly participated behind impersonalised general banners and symbols as opposed to the personalised style of videos and photos that we saw during the inaugural year, where people were seen openly coming out in solidarity putting faces to our cause (compare the 2022 posts on the [Facebook page](#) with the [2016 photo gallery](#) and the wrap-up video on the [Videos page](#)).

Please understand that while efforts are underway to restore W-BAD's ethos, values and functionality, it is going to take some time to get things adequately operational again – to restore and improve functionality to a point where we can benefit from this global initiative rather than allowing the previous culture to continue its rein of fear, degenerating the people to hiding behind anonymity, closed doors and impersonalised banners.

Let's not allow the ill-effects of the previous culture to continue resulting in showings of unsureness or detachment and instead replace this with a sense of validation and unity – strength and resolve.

While the task at hand is great (especially with limited resources and a desperate need to tend to urgent personal matters) things will gradually be improved over time, so that we can once again put faces to our cause freely and openly, giving both this global initiative and ourselves due representation and validation.

## 11. Further Reading

In response to the recent criticisms and accusations, people are welcome to access the following resources as a point of reference.

Items two and three below are the final two documents submitted on 24 July 2021 before the eighteen witnesses, bringing the matters at the time to a close. These highlight the issues regarding the largescale dismantling, dehumanisation, overturning of values and removal of functionality from the W-BAD platform and may help to clarify any lingering concerns while limiting the potential for any misguided conclusions.

*(The following are all accessible from the Relaunch Notice page).*

1. [W-BAD Relaunch Notice](#)
2. [Closing the W-BAD Issue and Moving Forward](#)
3. [Responding to Concerns Raised](#)
4. [Removed Content](#)
5. [Paying Tribute to Michelle](#)
6. [PDF Response – Leadership, Values and Michelle’s Connection to W-BAD](#)

As a matter of interest (although since unpublished for fostering goodwill), a full account of related facts relating to W-BAD’s history, including its progressive subversion to the point of being rendered defunct (prior to its recent revival and relaunch) was made openly available during the public call for W-BAD’s revival, initiated on 4 July 2021.

This compilation of facts ‘within full context’ based on first-hand evidence (showing the truth in its entirety) was publicly available for a one-week period in the form of The W-BAD Chronicle (1,227 pages) and The W-BAD Report (47 pages) together with its appendices (25 pages) as well as a set of about 10 accompanying documents.

For those who have access to copies, the 1,227 page W-BAD Chronicle consists of around 90 different search keys that can be used to track any specific area of interest.

It shows that (based on first-hand evidence and facts ‘within full context’) my approach has always been based on compassion, encouragement and protection with positive leadership on the vision, goals, planning, organising, purpose/aim, focus, direction, development, as well as my sense of loyalty and upholding of values such as remaining unified – staying true to these principles even to the point of being ousted from the very platform that I had established.

## 12. Moderation Policy / Comments and Moderating

Please understand that while constructive and respectful criticism / feedback is welcome, comments that serve only to undermine or to create discord will need to be moderated for the purpose of maintaining integrity and harmony and for the purpose of encouraging people to be productive and constructive for the betterment of our cause.

## In Closing

While it is regrettable that this kind of notification has become necessary, it is important that people are adequately aware, so that we can be better equipped to deal with any hostilities or subversion attempts and better positioned to protect the integrity of our cause.

If in the case Randall Miller does turn out to be a genuine identity, based on the nature of comments, it would appear the intention is geared not so much towards contributing as it is towards undermining.

If in the case there is someone acting under the pretence of this name, expending effort to deal with such a person could be like eliminating one head only for it to be replaced by another – that is to say, there will likely always be infiltrations made under the pretence of another person regardless.

The undermining practices outlined above should never be tolerated or allowed to gain momentum. The tactics are sinister in nature and have the potential to result in untold damage to our cause.

With a full record of the truth (based on first-hand evidence) having been made available, there is little to add, apart from the fact that things have now reached the stage of letting the truth stand for itself, for indeed, it is the truth that will serve to protect all parties and individuals on all sides accordingly.

While there will always likely be those who seek to undermine, the availing of the truth will at least allow those who are intent on helping to carry on helping, and those who are intent on raising awareness to carry on in that pursuit, replacing fear with a sense of comradery based on genuine motivations.

With things having come to a head, it is now time to accept the reality of what has occurred, put any untoward negativity behind us and focus on how we can make positive contributions while moving forward in a unified and dignified way.

Best wishes to all for your recoveries and awareness efforts.

Yours in good faith,

Wayne Douglas  
W-BAD Founder