

Incel Risk Rubric Overview

Thinking

Thinking qualities are related to cognitions the individual has that increase the buy-in to the incel worldview. These beliefs are often hardened and inflexible, supported by online discussion boards and those the individual surrounds himself with on a daily basis.

Misogyny: Here the individual has an over-arching, negative and limited view of women. He describes women in an objective, one-dimensional manner and see the heart of their worth as a sexual possession. This often manifests in seeing women in a binary, like Madonna or whore, saint or sinner, Stacy or Becky. He sees a woman's beauty through a Caucasian, euro-centric perspective (e.g., blonde, tall, blue eyes). When these women are outside of his reach, the only access the incel believes he has is through killing Chads or raping Stacys.

Racism: There is a lack of appreciation for diversity or any divergence and a sense of superiority of the white race over all others. This would also include anti-Semitic beliefs, homophobic, and transphobic beliefs.

Blackpill: There is an acceptance of the superiority in the genetic characteristics of the alpha male and female. He accepts the futility of the biological fate he has been assigned and lives with a sense of hopelessness, inferiority, and growing rage at the lack of sexual prospects available to him. Given the fatalistic view of this thinking, their only access to women becomes killing Chads or resorting to Stacy rape fantasies.

Inaccurate Self-Conception: This bi-furcated construct exists on two extremes on a spectrum. On the one end, the faulty view of self is overly negative and leads to low self-esteem and value. On the other end, he sees himself as all-powerful and possesses an overly inflated sense of value and entitlement.

Fame seeking: There is a larger desire to achieve fame and make a statement, to be the chosen one with a sense of purpose that alluded him throughout his life. This may come at the end of a long struggle where they find worth in the idea of communicating a larger message to society to set things right and un-mask the injustices they have endured.

Feelings/Emotions

These are the sentiments and corresponding reactions to their thoughts or experiences from others. They are often intense feelings that drive behaviors.

Rage: There is an intense anger and rage directed toward women, alpha males, other non-white males seen as “less than,” and/or the society at large for contributing to his marginalized status without a chance for redemption.

Hopelessness: A pervasive sense of sadness and desperation at the prospective of considering the future. There is a sense of futility and desperateness regarding any positive change in the future

Catastrophe: Unfortunate negative events such as a breakup or difficulty obtaining a first date are given a larger, catastrophic emphasis that provide a frame for the individual being a worthless failure.

Mental or Physical Disability: A mental or physical illness that creates an increased difficulty in social connection with both interaction and reading social cues. There is a difficulty in understanding the rules of flirting and he struggles to form relationships. This most commonly is related to Asperger’s/Autism Spectrum Disorder (ASD), depression, social anxiety or personality disorders.

Abandoned: Pervasive feelings of being misunderstood, neglected, abandoned or deserted. He feels alone in the world and that no one seems to care about his troubles or descent into increasing pain.

Behavior

These behaviors are often the outward manifestations of the cognitions, feelings and emotions. Behaviors are particularly important as they relate to the risk factors outlined in chapter eight and provide observable data that can be consistently acted upon by a BIT/CARE team.

Approach Behaviors: A term first coined by Meloy (2014), this describes behaviors that threaten others. They are often impulsive, affective, adrenaline filled actions that should be seen as approach behaviors moving toward harming attractive women, the alpha males who have them and a society that unjustly supports this biological deck stacked against the incel.

Howling: A term coined by Calhoun and Westin (2009), howling refers to conditional, transient threats that are made against others primarily to intimidate and to force a fight, flight, or flee reaction. This howling often occurs on social media.

Suicide: The person makes a suicide attempt or statement. This is often done out of frustration and may be an attempt to control and influence a woman or others. These suicide attempts can occur frequently and are often related to the incel's frustration in dating relationships

Past Attacks: He references past attacks, shootings or negative actions toward women to praise to other violent actors. This can occur in writing, on social media or be spoken to friends, classmates and co-workers. This may include an infatuation with prior killers/actors and collecting information about them.

Redpill: He seeks to change his behavior, status or worth through physical exercise, cosmetic surgery, or obtaining wealth to attract women. He believes these efforts will make a less genetically worthy male be able to obtain a higher rated female through altering aspects of his appearance, increasing wealth or status.

Environmental

These environmental factors represent historical and cumulative experiences that further escalate the individual toward isolation, hardened thoughts and potential violence.

Incel Materials: He is frequently exposed to incel and/or white supremacist/nationalist, homophobic, ableist, ageist, transphobic, or anti-Semitic ideas through peers, media, and family messaging and/or websites and discussion boards. Alternative viewpoints are routinely dismissed without exploration or empathy.

Rejection: Women reject advances from the person related to sexual approach with the assumed reason being related to genetics, lack of women's interest, or their preference for males who are superior.

Bullied: He is teased about his appearance, especially being sexually unattractive or unable to find a sexual partner. This bullying often occurs in front of others, further escalating his difficulty finding connections with others and embarrassing him, causing feelings of negative self-worth or lack of acceptance from others.

Failure to Change: Previous attempts at changing thoughts or behaviors have been met with frustration and exacerbation. These change attempts are often steps in the right direction such as attending therapy, learning more about dating from apps or self-help books, and listening to and connecting with friends.

Free Fall: He exhibits a low sense of self-worth and has experienced difficulty finding acceptance from others, such as friends or parents. There may have been abuse, traumatic loss, or family change/discord, all feeding into feelings of worthlessness.