Resources to Prevent Access (Best is No access to phone)
Eyezy - Web app that costs $10 a month - a person you trust can sync with your phone for calls, texts, emails internet use even if a part deletes them.
Sticky Widget - App used to put a note on the phone that all parts can read (Phone is being tracked. All calls are monitored) The weakness found in conditioning worked because calls to a handler have to be untraceable. When parts were aware of being tracked, it became just what they needed knowing it was for their protection.
Kwikset Smart Key Standard deadbolt with key turn to lock from inside the bedroom. Have another person put the key in a standard lock box with a number pad with a passcode.
Simplisafe Alarm system - motion sensor that can be placed to alert if you leave the bedroom. Spyguy.com has a GPS Tracker that can be put in your car (where survivor doesn't know it's location) Outlander 4G $99 on sale and it's $25 a month for the service.
Slide: More Tips to Prevent Access Ring doorbell Provides an xtra level of security. Shows if you're leaving the house or anyone strange is coming to door.
Hide your car keys have someone hide them to make sure you are not driving to ritual
Stay with friend (to make sure you're not leaving at night)
Have a Crisis Plan ·Having a safety plan with crisis line, phone numbers, support people and resources available in case of a crisis.
Don't be alone Have someone that can be with you 24/7 if possible