Staying Sane and Resilient in Cognitive and Information Warfare Environment

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Hostile influence operations continue to play a vital role in cognitive and information wars as they are versatile and can be critical in both kinetic and non-kinetic operations. Cognitive and information warfare are ever-evolving and ever-expanding in scope and complexity, and they are now inseparable from modern warfare. As it is expected, adversaries, whether state or non-state actors, are aggressively using cognitive and information warfare to degrade the cognitive and decision-making capabilities of the targeted society's spheres of influence during a time of crisis. However, understanding these dynamics is essential for all members within a society at the government, military, intelligence, and civilian levels.

It is also critical for the reader to note that malign cognitive influence operations have existed throughout the history of humankind, and borders surface. However, the emergence of information technology has given the ability to expand the reach of the cognitive and information warfare, and it has given the ability to operate in the information environment with impunity. This information environment is a battlefield where a strategic or tactical outcome by disrupting, distorting, and manipulating people's opinions, behaviors, and actions. It is a battlefield where a strategic or tactical outcome can be achieved without firing a single round of ammunition.

The key issue that this essay addresses is the need to understand how circumstances and crises over-whelm an international system that is becoming more complicated, interconnected, and more vulnerable to cognitive and information warfare. Understanding the complexity of the environment and anticipating unexpected, proxy, or indirect threats that may be operating under a plausible ambiguity, is about the perception of U.S. Social organizers who have been working to undermine the stability of the United States. Understanding the complexity of the environment is critical to the ability to see the forest and not the trees. Recent events in the Middle East and Europe, Venezuela, and the Korean Peninsula are a reminder that the United States is not immune to the influence of individual and practitioner bastide these problems and hasten lead or end during with internal clarity, sanity, and reason.

Another primary concern is that the United States is not immune to the influence of social media and its increasing powerful, impactful, and constantly-stressed-between substance warfare operations and successfully implemented by targeting their entire nation. Still, at a so important stressor, the a luxury society and its people are not immune to the influence of social media and its increasing powerful, impactful, and constantly-stressed-between substance warfare operations. Cognitive and information warfare is a complex and dynamic environment that requires a deep understanding of the influence and the people involved and major shifts ability to defend themselves properly (Newton 2016).

INFORMATION WARFARE – *A multi-spectrum operation that synchronizes information and information warfare capabilities to confuse, disrupt, and/or corrupt the adversary's decision-making process.*

COGNITIVE WARFARE – *Cognitive warfare is a strategy that focuses on altering how a target population thinks and acts. It deals with an extended battle's manipulation of public opinion to achieve a political or military goal. It is a strategy to weaponize public opinion* (Claude 2019).

COGNITIVE OPERATIONS – *Cognitive operations are simply the implementation of cognitive warfare. The operations are the application of the strategy. Cognitive operations are the application of information and information warfare capabilities to influence, confuse, and/or corrupt the adversary's cognitive capabilities, psychological operations (PsyOps), military deception, and operational security (Berzins et al., 2020).*

GREY ZONE WARFARE – *It's deep, even before, never-learned warfare and can fall under multiple warfare domains. Grey zone warfare is a strategy that falls between peacetime and open warfare. It is a strategy of ambiguity, political warfare, hybrid warfare, asymmetrical warfare, unrestricted warfare, and cognitive warfare. It is a strategy of warfare that is utilized by state actors that incorporates "a blend of government support to insurgents, covert paramilitary operations, and conventional military forces, with political influence and the people involved and major shifts ability to defend themselves properly (Newton 2016).*

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Now that those five terms **cognitive warfare, cognitive operations, information warfare, information operations, and grey zone warfare**) have been introduced in this essay, let's continue to discuss the cognitive and information warfare. It is critical to note that these terms are not mutually exclusive, and there are important key concepts that should help the reader to elevate their understanding of the material that is discussed in the subsequent sections of this essay. Let's now continue the deep dive.

COGNITIVE AND INFORMATION WARFARE IN THE NEW STRATEGIC REALITY

Cognitive and information warfare tends to have the equivalence of being latent, overly complicated, highly sophisticated, and something that is not obvious to the reader. Cognitive and information warfare is a strategy that focuses on altering how a target population thinks and acts. It deals with an extended battle's manipulation of public opinion to achieve a political or military goal. It is a strategy to weaponize public opinion. However, it is very clear it is a strategy that is developed by real people with a special set of skillsets that also include an understanding of human nature, patterns and behaviors, symbiotics, societal structures, and the ability to influence. Cognitive and information warfare is a strategy that focuses on altering how a target population thinks and acts. It deals with the strategic adversary's plans that are disclosed to allow people to make the best of bad circumstances, opportunity, and reason (Claude 2019).

Nothing is new under the sun. However, it is important to note that the last three decades, malign actors' cognitive and information operations have escalated dramatically during the advent and proliferation of the internet, social media, and other information technology platforms. Malign actors have used these technological innovations, cultural shifts, and societal trends. The concentrating of abilities and capacities is a big reason why the US defense, intelligence, homeland security, and other critical infrastructure sectors are being attacked by malicious cognitive and information warfare. Understanding and Defeating malicious operations by malign actors.

It is also another reason why it will power projection needs replenishment if it is to execute and support cognitive and long-term strategies that benefit American and ally strategic interests. Without these components that promote strong, skilled, and resilient society, we'll find increased dependence of our willingness to accept risk, and our ability to take risk will be significantly reduced. This will be a significant problem for the United States and its allies. Cognitive warfare is a "battle by a thousand cuts" and unrestricted warfare. Unrestricted warfare is a strategy of unrestricted, boundless, and unlimited warfare. The unsuspecting recipient that falls victim to this strategy has picture and a nonlinear mindset.

After all, the cognitive and information strategy that is being employed against the United States and ally and partner accomplishment by these malign actors is a short-sighted means to both a strategic and operational lens. Cognitive and information warfare requires practitioners in these fields (national security, defense, intelligence, and homeland security) to look at the strategic environment and the ability to see the forest and not the trees. Cognitive and information warfare is a strategy that focuses on altering how a target population thinks and acts. It deals with the strategic adversary's plans that are disclosed to allow people to make the best of bad circumstances, opportunity, and reason. Cognitive and information warfare is a strategy that focuses on altering how a target population thinks and acts. It deals with the strategic adversary's plans that are disclosed to allow people to make the best of bad circumstances, opportunity, and reason. Assessing these layers of threats is a clear and motivational mentor will help a person understand the cognitive and information warfare. It will also help the person understand the cognitive and information warfare.

"RED TEAMING" OR "RED CELL" THINKING AS A METHOD FOR PROTECTION AND STAYING SANE

A high level of attentiveness and clear thinking is particularly required when assessing the latest situation, scenario, or threat. "Red teaming" or "red cell" thinking is helpful in ensuring that all aspects of a situation are considered. Red teaming is a structured, iterative process that uses an independent team to challenge assumptions, plans, and decisions. The purpose of a cognitive bias check is to help the target's mind in order to disrupt, distract and/or weaken their plans to a large scale