

THE DEPRESSIVE AND THE PSYCHOPATH:

At last we know why the Columbine killers did it

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On April 20, 1999, Eric Harris and Dylan Klebold shot their classmates and teachers at Columbine High School. Most Americans have reached one of two very wrong conclusions about why the boys did it. The first false conclusion is that the pair—supposed “Trench Coat Mafia” outcasts—were “taking revenge” against the bullies who had made school miserable for them. The second false conclusion is that the massacre was inexplicable; that we can never understand what drove them to such horrific violence.

But the FBI and its team of psychiatrists and psychologists have reached an *entirely different* conclusion. They believe they know why Harris and Klebold killed. The explanation is both more reassuring and more troubling than our misguided conclusions. Three months after the massacre, the FBI convened a summit in Leesburg, Va., that included world-renowned mental health experts, including Michigan State University psychiatrist Dr. Frank Ochberg, as well as Supervisory Special Agent Dwayne Fuselier, the FBI’s lead Columbine investigator and a clinical psychologist.

Fuselier and Ochberg share their conclusions publicly here for the first time.

The first steps to understanding Columbine are to forget the popular narrative about the jocks, Goths, the Trenchcoat Mafia—Columbine’s *myths*—and to abandon the core idea that Columbine was simply a *school shooting*. We can’t understand *why* they did it until we understand *what* they were doing.

School shooters tend to act impulsively and attack the targets of their rage: students and faculty. But Harris and Klebold planned for a year and dreamed much bigger. The school served as means to a grander end: to terrorize the entire nation by attacking a symbol of American life. Their slaughter was aimed at students and teachers, but it was not motivated by *resentment* of them. Students and teachers were just convenient quarry; what Oklahoma City bomber Timothy McVeigh once described as “collateral damage.”

The killers, in fact, laughed at petty school shooters. They bragged about dwarfing the carnage of the Oklahoma City bombing and originally scheduled their bloody performance for its anniversary. Klebold boasted on video about inflicting “the most deaths in U.S. history.”

Columbine was intended not primarily as a shooting at all, but as a bombing on a massive scale. If they hadn’t been so bad at wiring timers, the propane bombs they set in the cafeteria would have wiped-out 600 people. After those bombs went off, they planned to gun down fleeing survivors. An explosive third act would follow, when their cars, packed with more bombs, would

rip through still more crowds, presumably of survivors, rescue workers, and reporters. The climax would be captured on live television.

It wasn't just "fame" they were after; they were gunning for devastating infamy on the historical scale of an Attila the Hun. Their vision was to create a nightmare so devastating and apocalyptic that the entire world would shudder at their power.

Harris and Klebold would have been dismayed that Columbine was dubbed "the worst *school* shooting in American history." They set their sights on eclipsing the world's greatest mass murderers. But the media never saw past the choice of venue. The school setting drove analysis in precisely the *wrong* direction.

Fuselier and Ochberg say that if you want to understand "the killers," quit asking what drove *them*. Eric Harris and Dylan Klebold were radically different individuals, with vastly different motives and opposite mental conditions.

Klebold is easier to comprehend, a more familiar type. He was hotheaded—but depressive and suicidal. He blamed himself for his problems.

Harris is the challenge. He was sweet-faced and well-spoken. Adults, and even some other kids, described him as "nice." But Harris was *cold*, calculating, and homicidal. "Klebold was hurting inside while Harris wanted to hurt people," Fuselier says.

Harris was not merely a troubled kid, the psychiatrists say. He was a psychopath.

In popular usage, almost any crazy killer is "a psychopath." But in psychiatry, it's a very *specific* mental condition that rarely involves killing, or even psychosis.

"Psychopaths are not disoriented or out of touch with reality. Nor do they experience the delusions, hallucinations, or intense subjective distress that characterize most other mental disorders," says Dr. Robert Hare, one of the psychologists consulted by the FBI about Columbine. "Unlike psychotic individuals, psychopaths are rational and aware of what they are doing and why. Their behavior is the result of choice, freely exercised." Diagnosing Harris as a psychopath represents neither a legal defense, nor a moral excuse. But it illuminates a great deal about the thought process that drove him to mass murder.

Diagnosing him as a psychopath was not a simple matter. Harris opened his private journal with this sentence: "I hate the f—ing world." And when the media studied Harris, they focused on his hatred—hatred that supposedly led him to revenge. It's easy to get lost in the hate, which screamed out relentlessly from Harris' internet blog site:

*"YOU KNOW WHAT I HATE!!!!? Cuuuuuuuuubntryyyyyyyyy music!!! . . .
YOU KNOW WHAT I HATE!!!!? People who say that wrestling is real!! . . .
YOU KNOW WHAT I HATE!!!!? People who use the same word over and over again! . . .
Read a f—a ing in book or two, increase your vo-cab-u-lary f—ing idiots.
YOU KNOW WHAT I HATE!!!!? STUPID PEOPLE!!! Why must so many people be so stupid!!!?
YOU KNOW WHAT I HATE!!!!? When people mispronounce words! and they dont even know it to,
like acrosT, or eXspreso, pacific (specific), or 2 pAck. learn to speak correctly you morons.
YOU KNOW WHAT I HATE!!!!? STAR WARS FANS!!! GET A FaaaaaaRIGIN LIFE
YOU BORING GEEEEEEKS!"*

The blog rages on, page after page. He repeats himself in his journal and the videos he and Klebold made. But Fuselier recognized a far more revealing emotion bursting through, both fueling and

overshadowing the hate. What the boy was really expressing was *contempt*. He is *disgusted* with the morons around him.

These are not the rants of an angry young man picked on by jocks until he's not going to take it anymore. These are the rants of someone with a messianic grade *superiority* complex, out to punish the entire human race for its appalling inferiority. It may look like hate, but "It's more about demeaning other people," says Hare.

A second confirmation of the diagnosis was Harris' perpetual deceitfulness. "I lie a lot," Eric wrote to his journal. "Almost constantly, and to everybody, just to keep [myself] out of the water. Let's see, what are some of the big lies I told? Yeah I stopped smoking. For doing it, not for getting caught. No I haven't been making more bombs. No I wouldn't do that. And countless other ones."

Harris claimed to lie to protect himself, but that appears to be something of a lie as well. He lied for *pleasure*, Fuselier says. "Duping delight"—psychologist Paul Ekman's term—represents a key characteristic of the psychopathic profile.

Harris married his deceitfulness with a total lack of remorse or empathy—another distinctive quality of the psychopath. Fuselier was finally convinced of his diagnosis when he read Harris' response to being punished after being caught breaking into a van. Klebold and Harris had avoided prosecution for the robbery by participating in a "diversion program" that involved counseling and community service. Both killers feigned regret to obtain an early release, but Harris had relished the opportunity to *perform*. He wrote an ingratiating letter to his victim offering empathy, rather than just apologies. Fuselier remembers that it was packed with statements like *Jeez, I understand now how you feel* and *I understand what this did to you*.

"But he wrote that strictly for effect," Fuselier said. "That was complete manipulation. At almost the exact same time, he wrote down his real feelings in his journal: *Isn't America supposed to be the land of the free? How come, if I'm free, I can't deprive a stupid f—ing dumbsh—t from his possessions if he leaves them sitting in the front seat of his f—ing van out in plain sight and in the middle of f—ing nowhere on a Fri—f—ing night. NATURAL SELECTION. F—er should be shot.*"

Harris' pattern of grandiosity, glibness, contempt, lack of empathy, and superiority read like the bullet points on Hare's Psychopathy Checklist and convinced Fuselier and the other leading psychiatrists close to the case: Harris was, perhaps uncontrollably, a *psychopath*.

It begins to explain Harris' unbelievably callous behavior: his ability to shoot his classmates, then stop to taunt them while they writhed in pain, then finish them off. Because psychopaths are guided by such a different thought process than non-psychopathic humans, we tend to find their behavior inexplicable. But they're actually much easier to predict than the rest of us once you understand them. Psychopaths follow much stricter behavior patterns than the rest of us; they are unfettered by a conscience; they live solely for their own aggrandizement.

None of his victims means anything to the psychopath. He recognizes other people only as means to obtain what he desires. Not only does he feel no guilt for destroying their lives, he doesn't grasp what they feel. The *truly* hardcore psychopath doesn't quite comprehend emotions like love or hate or fear; he has never experienced them directly.

"Because of their inability to appreciate the feelings of others, some psychopaths are capable of behavior that normal people find not only horrific but baffling," says Hare.

Despite earlier reports about Harris and Klebold being equal partners, the psychiatrists now believe, firmly, that Harris was the mastermind and driving force. The partnership enabled Harris to stray from typical psychopathic behavior in one way. He restrained himself. Usually psychopathic killers crave the stimulation of violence. That is why they are often serial killers—

murdering regularly to feed their addiction. But Harris managed to stay (mostly) out of trouble for the year that he and Klebold planned the attack. Ochberg theorizes that the two killers complemented each other. Cool, calculating Harris calmed down Klebold when he got hot-tempered. At the same time, Klebold's fits of rage served as the stimulation Harris needed.

The psychiatrists can't help speculating what might have happened if Columbine had never happened. Klebold, they agree, would never have pulled off Columbine without Harris. He might have gotten caught for some petty crime, gotten help in the process, and conceivably could have gone on to live a normal life.

Their view of Harris is more reassuring, in a certain way. Harris was not a wayward boy who could have been rescued. Harris, they believe, was irretrievable. He was a brilliant killer without a conscience, searching for the most diabolical scheme imaginable. If he had lived to adulthood and developed his murderous skills for many more years, there is no telling what he could have done. His death at Columbine may have stopped him from doing something even worse.