John Duffy’s family had a violent streak, including his uncle, who was arrested for assault. Could this mean that violent crime runs in the family? Has it been inherited?

After the trauma of being bullied as a child, Duffy’s anger built up. He unconsciously projected this anger onto his victims.

Both Duffy and his accomplice were victims of physical bullying as children. As such they copied the negative behaviours displayed by the bullies and learned how to be similarly be negative towards others.

Duffy regularly experienced negative and exaggerated thoughts about himself. He saw himself as extremely inadequate and this lead to feelings of depression.

Duffy was a martial arts fanatic and this is where he picked up his violent actions and moves. He learned how to fight from both lessons and watching martial artists in the media.

Duffy thought he had no control over his life. To gain back control, Duffy believed dominating his victims was the way forward. He wanted to gain back the control he thought he had lost.

Tests conducted on Duffy after he was caught, revealed he had an excess of testosterone, making him naturally more masculine and aggressive.

As Duffy became an adult, it became apparent that he was infertile. He saw himself as inadequate and unconsciously transferred the same feelings of inadequacy onto his victims.

The police seized a number of violent books from Duffy’s home. All of which included information on how to commit murder. It seems Duffy’s crimes were shaped by what he read.

Duffy and his accomplice would enjoy torturing and tormenting animals such as hedgehogs. They truly believed that this was a normal act.

Duffy has a small lesion (damaged area) close to his amygdala, an area in the limbic system of the brain responsible for emotions such as aggression.

Duffy had intense unconscious sexual desires which would manifest themselves into sexual fantasies.