

How Israel Is Helping Iran's Opposition

written by Meir Ben Shabbat | 19.03.2026

Meir Ben Shabbat: The idea is that the internal struggle that is supposed to bring about regime change will occur when the regime has been battered and destabilized, its command-and-control system reduced to only partial functioning, its mechanisms of repression damaged, its legitimacy at a low point, its proxies weak, and its economic hole deep. These are conditions that would enable citizens who oppose the regime to finish the job and take advantage of the rare opportunity. It is true that the outcome cannot be guaranteed, but it is clear that without these prior steps, there is no chance of it happening.

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