Rarely does an individual extremist commit ideologically-motivated acts of violence in complete isolation, without having been influenced, directed, guided, or assisted by other violent extremists.

At first glance, some individual violent extremists may appear to have planned and executed an operation with complete autonomy. Consequently, these individuals are often labeled lone terrorists or “lone wolves”. However, many individuals who have been placed into this threat category have demonstrated some degree of affiliation with others who espouse the same or similar violent extremist ideologies.

Such affiliation may include receiving guidance, direction, or advice from other violent extremists who are in positions of influence (e.g. email communications between the individual and an extremist leader). Others may have received training from or have had regular interaction with members of a known violent extremist group. Such interactions may have ceased because the violent extremist group alienated or rejected the individual, causing the latter to resort to a more isolated operating environment. In some cases, these individuals may have cut themselves off from society altogether.

Law enforcement officials agree that the behaviors of someone who acts alone are more difficult to detect than those of a violent extremist cell. There is potentially less opportunity for detection and disruption when dealing with lone terrorists, as their planning cycles may be shorter and their activities less noticeable to law enforcement or the general public. These factors have led leaders in the law enforcement, security, and intelligence communities to claim that lone terrorists pose one of the greatest threats to national security.
Of note are individuals who have come closest to meeting the true definition of a lone terrorist. Within this group, there are individuals who have espoused left- and right-wing violent extremist views, as well as Al Qaeda inspired extremism. For example:

- From 1978 to 1995, Theodore Kaczynski, aka the Unabomber, sent mail bombs to various people, killing three. Espousing anarchist views, Kaczynski lived as a recluse in a remote cabin. He threatened to continue with the bombings until his anti-industrial manifesto was published in the New York Times.

- From 1996 to 1998, Eric Robert Rudolph targeted abortion clinics, gay nightclubs and the 1996 Olympics in Atlanta. At the time of his arrest, Rudolph was identified as a far-right militant and member of Christian Identity.

- In 2009, Nidal Hasan, who was soon to be deployed to Afghanistan, was arrested for the shooting at Fort Hood, Texas, which killed 168 people. Two co-conspirators were also convicted. McVeigh was a militia movement sympathizer who sought revenge on the US federal government for its handling of the Waco Siege in Texas.

- In 2011, Anders Behring Breivik detonated an explosive device in a government building complex in central Oslo, killing eight people. He then traveled to a summer camp on an island near Oslo run by the left of center Labor Party, where he shot and killed 68 more people — mainly teenagers and young adults. In a 1,500 page political manifesto, Breivik — who claims to be part of a reconstituted order of medieval warrior monks — called for a “Christian war” to defend Europe against Islam.

- A former member of the US Army, Timothy McVeigh was executed for planning and carrying out the 1995 bombing of a federal building in Oklahoma City, which killed 168 people. Two co-conspirators were also convicted. McVeigh was a militia movement sympathizer who sought revenge on the US federal government for its handling of the Waco Siege in Texas.

- In 2011, Arid Uka, an employee of Frankfurt Airport, boarded a bus carrying US Army personnel and shot and killed two people. Before boarding, he was believed to have asked someone if the bus contained US soldiers bound for Afghanistan.