

UNDERSTANDING GASLIGHTING



What is Gaslighting?

Gaslighting is a form of emotional abuse in which one party manipulates another into doubting their thoughts, feelings, judgments, perceptions, and/or memories. The goal is to create doubt, undermine self-confidence, and cause victims to lose their sense of identity, perception and worth while accepting the gaslighter’s version of reality.

Techniques of Gaslighting

Countering

Countering is a technique that diverts attention from the subject matter to the victim’s motivations and perceptions by questioning the accuracy of their memory.

“You remember things wrong.”



Denial

Denial involves a feigned forgetfulness of events or promises made. This denial is then turned into accusations of these items being fabricated by the victim.

“I never said that.”



Trivializing

Trivializing occurs when a person belittles or disregards the other person’s thoughts or needs, making them believe they are unimportant.

“You’re overreacting.”



Withholding

Withholding involves the refusal to engage in conversation. It can also include a pretend lack of understanding to avoid answering questions.

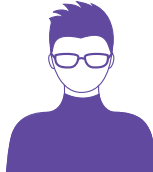
“I’m not listening to this crap again.”



Blocking/Diverting

With this technique, the focus of a discussion is diverted by calling into question the other person’s credibility.

“Why are you so defensive all the time?”



Assertive Responses to Gaslighting

“I know what I experienced.”

“Your feelings are valid, and mine are equally valid.”

“We remember that differently.”

“I have heard your point of view many times now, and I still don’t agree with it”

“Name-calling is hurtful to me, I’m finding it hard to hear you when you talk like that”

“This is what I want and what I need right now”

“My emotions are not up for debate.”

“I changed my mind”

“I know what’s best for me”

Signs an Individual is Being Gaslit



Feeling hopeless, joyless, worthless, or incompetent



Feeling confused and constantly second-guessing themselves



Frequently questioning if they are too sensitive



Lying to others to avoid having to make excuses for the abusive person’s behavior



Becoming withdrawn or unsociable



Constantly apologizing to the abusive person



Finding it difficult to make simple decisions



Defending the abusive person’s behavior

Narcissistic Abuse & Gaslighting