

Gaslighting

What exactly is 'Gaslighting'?

"Gaslighting is a form of emotional abuse that's seen in abusive relationships. It's the act of manipulating a person by forcing them to question their thoughts, memories, and the events occurring around them. A victim of gaslighting can be pushed so far that they question their own sanity."

Source: <https://www.healthline.com/health/gaslighting>

"Gaslighting is a form of emotional abuse ... an insidious form of abuse. It makes victims question the very instincts that they have counted on their whole lives, making them unsure of anything."

Source: <https://www.healthyplace.com/abuse/emotional-psychological-abuse/gaslighting-definition-techniques-and-being-gaslighted>

What is the 'Gaslighting Effect'?

"The Gaslight Effect results from a relationship between two people: a gas lighter, who needs to be right in order to preserve his own sense of self and of having power in the world; and a gas lighter, who allows the gas lighter to define her sense of reality because she idealizes him and seeks his approval."

<https://gaslightingbully.wordpress.com/2009/07/23/gaslighting-the-gaslight-effect/>

Effects of 'Gaslighting'

"While these actions may seem relatively harmless, over time, this pattern causes the targeted person to feel confused, anxious, isolated, and depressed. In other words, it hurts them. Harming another's sense of wellbeing, like happens with gaslighting, is emotional abuse."

Source: <https://www.ananiasfoundation.org/>

Example Phrases of 'Gaslighting'

Withholding: "I have no idea what you are talking about" & "I'm done talking about this now"

Blocking: "Where did you get a crazy idea like that?" or "I am not going through that again"

Diverting: "We already discussed this" & "Why would you think that?" "What does that say about you?"

Trivializing: "Why are you upset? I was only kidding" & "Stop taking everything I say so seriously" or "You're hysterical!"

Forgetting: "We already talked about this. Don't you remember?"

Denial: "I never said that" or "I never told you that"

Countering: "You have a bad memory" & "I never set that time up with you to begin with"

Projecting: A cheater will accuse you of cheating or a person who feels inferior constantly accuses others of being "stupid" or incompetent.

Twisting: "And there you go again, you are so ungrateful"

Sources: <https://www.vox.com/first-person/2018/12/19/18140830/gaslighting-relationships-politics-explained>

<https://www.prdaily.com/24-phrases-gaslighters-use-against-you/>



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