

GASLIGHTING

The act of manipulating a person by forcing them to question their thoughts, memories, and the events occurring around them.

- ♦ It is a form of psychological manipulation
- ♦ Manipulation is when words do not match actions.
- ♦ Refusing to be held accountable for it is gaslighting.

Gaslighters will:

- Say negative things about you, indicating inadequacies, causing you to be defensive.
- Often shame you and distort truths
- Assert things with extreme conviction and indignation.
- Counter, block, divert, or trivialize what you say.

This can happen with any person: parents, children, spouse, boyfriend, girlfriend, co-workers, supervisors, etc.

- ♦ The victim will likely question their own sanity

Someone who gaslights you is trying to talk you out of your experience to alleviate their shame and responsibility to an issue. It's a tool to control and manipulate you.

- Henry Cloud -

Crime Victims Services

Domestic Violence Shelter

Crisis Line



(520) 562-4106

1-855-203-5849

Only the weak are cruel. Gentleness can only be expected from the strong.

- Leo Buscaglia