

the
GAS
LIGHTING

INFOBOOK

|

an infobook from
ALLLIFE.COMMUNITY

WHAT IS GASLIGHTING AND WHEN DOES IT HAPPEN?

Gaslighting is a form of emotional abuse in which the abuser deliberately tries to make the victim question their own memory, perception, and sanity. Gaslighting can happen in any type of relationship, but it is particularly common in romantic relationships.

Gaslighting often starts gradually, with the abuser making small comments or actions that cause the victim to question themselves. For example, the abuser might say something like, "I didn't say that," or "You're imagining things," when the victim knows they heard the abuser say something different. Over time, these small comments and actions can add up and make the victim feel like they are going crazy.

IS IT GASLIGHTING OR ARE YOU JUST BEING PARANOID?

It can be hard to tell the difference between genuine gaslighting and simple paranoia, so it's important to trust your gut. If you feel like something isn't quite right, even if you can't put your finger on it, there's a good chance that you're being gaslighted.

THERE ARE SOME KEY SIGNS TO LOOK FOR THAT MAY INDICATE YOU'RE BEING GASLIGHTED BY A PERSON CLOSE TO YOU



You find yourself constantly second-guessing yourself and your memory



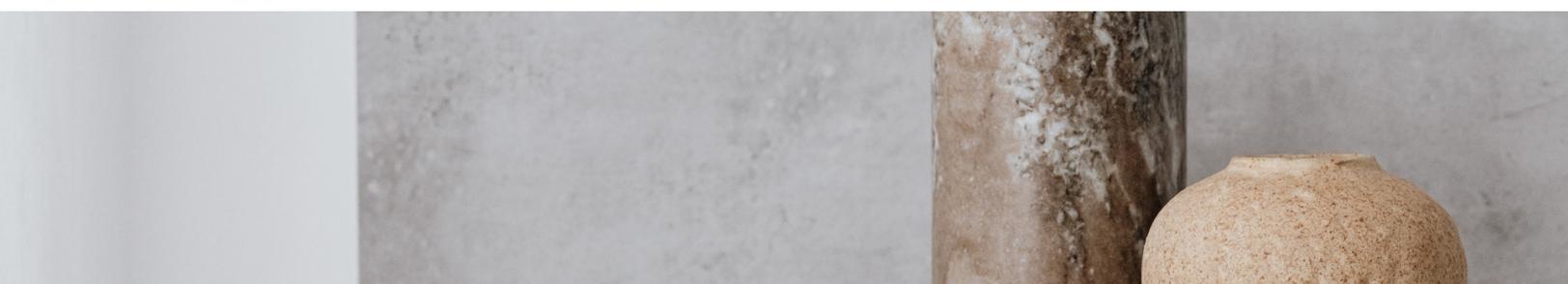
You feel like you're "walking on eggshells" around the person in question, always trying to please them or avoid their wrath



You feel isolated from your friends and family, and like nobody would believe you if you told them what was going on



You feel like you're going crazy, or that there's something wrong with you



HERE ARE SOME SPECIFIC REAL LIFE SCENARIOS THAT ARE GASLIGHTING



Your partner tells you that you're "imagining" things, even when you know you're not.



Your boss constantly contradicts what you know to be true, and makes you question your own memory and judgment.



A friend or family member tries to convince you that your memories of childhood events are "wrong" or "exaggerated."





the **GAS LIGHTING** WORKSHEET & TRACKER

WHEN YOU HAVE THE SUSPICION YOU'RE BEING GASLIGHTED, WHAT SHOULD YOU DO?

01

The first step is to trust your gut. If something feels off, it probably is. Second, start keeping track of the specific incidents that are making you feel uneasy. Use this tracker and if you don't have it at hand use your phone to keep track of what happened, when it happened, and how you felt afterwards.

This can be helpful in two ways: First, it can help you see patterns that you might not have noticed before; and second, it can provide evidence if you decide to confront the person who is gaslighting you.

02

Talk to somebody you trust about what's going on. It can be really difficult to deal with gaslighting on your own, and it's important to have supportive people in your life who can believe you and help you through this.

If you don't have anybody in your life who you feel like you can talk to, there are hotlines and online support groups that can help.

WHEN YOU HAVE THE SUSPICION YOU'RE BEING GASLIGHTED, WHAT SHOULD YOU DO?

03 Confront the person who is gaslighting you, if you feel safe doing so. This is a difficult step, and it's important to make sure you're in a safe place before doing it. It's also important to be as calm and collected as possible when confronting the person, as getting angry will likely only make them double down on their gaslighting behavior.

State what you're feeling and why you think the person is gaslighting you, and then ask them directly to stop. If they refuse or if the situation escalates, it might be time to consider ending the relationship.

04 Seek professional help, if you feel like you need it. Gaslighting can be very damaging to your mental health, and it's important to seek help if you're feeling overwhelmed or like you can't cope. A therapist can help you deal with the emotional fallout of gaslighting, and they can also provide practical advice on how to deal with the situation.



the GAS LIGHTING TRACKER

Take note of any gaslighting events and start to take control of your life. This will help keep a record as events fade into memory, especially when you are being told something different happened.

<p>WHAT HAPPENED</p> <p><i>Include as many details as possible</i></p>	<p>HOW DID IT MAKE YOU FEEL?</p>	<p>WAS IT AN ISOLATED INCIDENT?</p> <p><i>If it's part of a pattern, what other incidents can you remember?</i></p>	<p>SITUATION NOTES</p> <p><i>How did you cope with the situation at the moment? (e.g. walked away, talked to somebody else about it later, etc.)</i></p> <p><i>What did the person who was gaslighting you say or do afterwards?</i></p> <p><i>Did you confront them about it? If so, what was their response?</i></p> <p><i>What other effect has this had on your life? (e.g. lost sleep, trouble concentrating at work, etc.)</i></p> <p><i>How can you take better care of yourself after this incident?</i></p> <p><i>(e.g. talk to somebody you trust about it, take some time for yourself, etc.)</i></p>
	    		
	    		
	    		
	    		
	    		
	    		