

Gaslighting Warning Signs

Gaslighting is a type of manipulation that causes a person to doubt their own beliefs, sanity, or memory. Learning gaslighting warning signs can improve your resistance to this form of manipulation.

Denial

The gaslighter tells the victim an event or conversation didn't happen, or didn't happen the way the victim remembers it.

"I never said that."

"That's not how it happened at all!"

Distraction

The gaslighter interrupts the victim or tries to change the subject.

"Let's talk about your birthday!"

"Hey, can we go get something to eat?"

Ignoring or avoidance

The gaslighter refuses to engage in conversation with the victim or address their concerns.

Turning up the volume on the TV.

Leaving the house and not returning for hours.

Minimization or trivialization

The gaslighter makes light of a serious situation or accusation.

"Whatever, it was nothing."

"It's not a big deal anyway."

Projection

The gaslighter accuses the victim of the very behavior in which *they* are engaging.

"Maybe you're the one who's hiding something."

"Well, I think you're lying to me."

Put-downs

The gaslighter insults and degrades the victim so they come to doubt themselves.

"You're an idiot. You have no clue what you're saying."

"You sound really crazy when you talk like that."

Sabotage

The gaslighter undermines the victim in order to make them seem incompetent.

Throwing away the victim's mail so they can't pay a bill on time.

Damaging the victim's car so they cannot leave the house.

Threats

The gaslighter threatens a negative outcome for not trusting them or their perspective.

"If you can't see things my way, this relationship is over."

"You'll get the kids taken away if you keep saying that!"