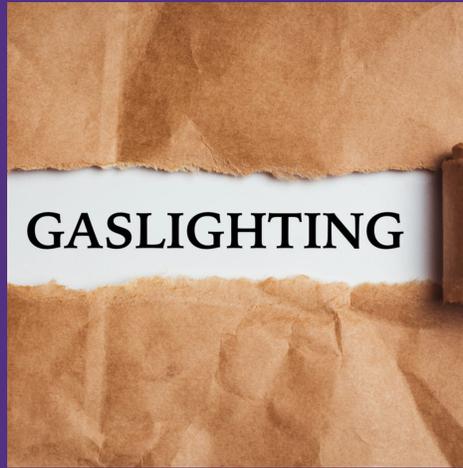


What is Gaslighting?



Gaslighting

The Oxford Dictionary defines gaslighting as manipulating someone using psychological methods into questioning their own sanity or powers of reasoning. Gaslighting is a form of abuse. Gaslighting happens when an abuser tries to control a victim by twisting their sense of reality. An example of gaslighting would be **a partner doing something abusive and then denying it happened**. Gaslighting can occur in romantic, platonic, and family relationships — or even at work.

Gaslighting can be divided into four types:

- outright lying
- manipulation of reality
- scapegoating coercion

Here are five signs of gaslighting:

- They say rude or mean things that are always jokes. Critical remarks or microaggressions disguised as humor.
 - They minimize your feelings and use them against you.
 - Presume to be the expert.
 - Twisting the facts.
 - Pretend to be concerned for your wellbeing.
- According to Forbes Health and P.L. Sweet who wrote [The sociology of gaslighting](#), here are four ways to deal with gaslighting:

Tell as many people as possible what's happening.

1. "Don't just tell one person, 'I think I'm experiencing this,'" Sweet says. "Tell multiple people in your social network so they can back you up and verify your experience of reality."
2. "When friends and colleagues affirm your experiences of mistreatment are real, you're better able to recognize that the abuse is not due to personal faults."

Stay in touch with friends and family.

1. Even if you're not directly discussing the gaslighting, it's important to keep in contact with friends and family members. When you're isolated, you're more

susceptible to self-doubt. Gaslighters know this and often try to convince you only they have your best interest at heart. “He said, ‘You are crazy. No one loves you. You are here with me. You don’t have anyone else here,’” one victim of gaslighting told Sweet. If you’re watching for that behavior, you may be more aware that it’s happening and more likely to shut it down.

Keep a journal.

1. “If gaslighting has eaten away at your self-esteem and made you feel confused and disorientated, keeping a journal can help you take back some control,” advises My CWA, a nonprofit that supports families affected by domestic abuse. “You can keep checking your version of events and confirm that things actually happened the way you remember, even if your abuser is telling you something different.”

Contact the National Domestic Violence Hotline or National Sexual Assault Hotline.

1. “Sexual assault advocates are very experienced in dealing with psychological manipulation of all kinds,” Sweet says. You can reach the National Domestic Violence Hotline at 800-799-SAFE and the National Sexual Assault Hotline at 800-656-4673. Both are available 24 hours a day and offer online chat functions as well.

Survivors Speak



“My advocate still checks on me and my kids, well after we have left the safe home. She has helped us tremendously. She always offers help from every aspect.”

“My advocate is always helping me. I stayed in the safe home with my children and the advocate was always so compassionate and truly cares!”

Save The Date!

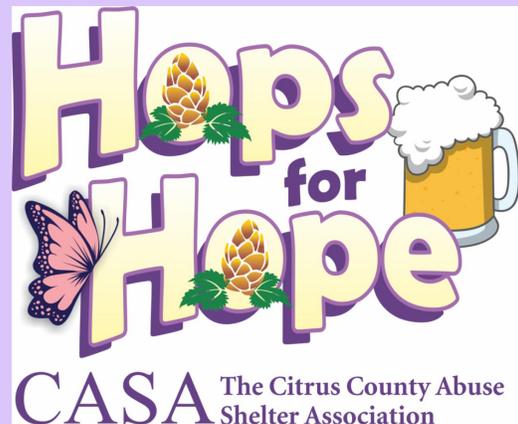


Please come join us for the 3rd Annual Hops for Hope to support CASA.

April 15, 2023
4:00 pm - 8:00 pm

[Click here to order tickets](#)

or scan the QR code above.



We Love Our Community!!!

Jenkins Chrysler Dodge

Thank you goes out to Jenkins Chrysler Dodge Jeep Ram of Homosassa, Citrus 95.3, The Fox 96.7 and Naturecoast Country 103.3/104.3 for

raising funds and donations for CASA! Jenkins Chrysler, Dodge, Jeep, Ram in Homosassa filled the bed of a Jeep Gladiator and hosted a radiothon for donations on January 31st.



Smart Interiors

A HUGE THANK YOU to Smart Interiors II in Lecanto for their participation in the Ekornes Brand Charity Promotion that has provided donations from customers to support CASA. Survivors of domestic violence are able to have the items needed for daily living because our community cares so much!

Chronicle Customer Appreciation

Outreach Program Manager Kimberly and Sexual Violence Advocate Ashley want to say thank you to all of those



who stopped at our CASA table during the Citrus County Chronicle Customer Appreciation Open House.

United Way of Citrus County

Jen from United Way of Citrus County Reading Pals dropped off boxes of books for the CASA kiddos. Thank you for putting a smile on their faces.

“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”

-Dr. Seuss

Pictured left to right: Jen from United Way of Citrus County Reading Pals and CASA Advocate Christina.



Vitas Healthcare

We want to give a HUGE THANK YOU to VITAS Healthcare. They hosted a donation drive and collected items for CASA Survivors. Thank you for supporting our mission.

Pictured left to right is Outreach Program Manager Kimberly and VITAS Healthcare employee Danny.

West Port High School

Check out these amazing difference makers from West Port High School! Morgan and her fellow students founded a student organization called “The Purple Handprint” in which they advocate for education and awareness on the topic of domestic violence and intimate partner violence. The students recently got together and made tons of “Pal-entines Day” cards (the platonic version of the nationwide holiday Valentine’s Day) for

both CASA staff, volunteers, and survivors filled with encouraging statements to show their support for survivors, appreciation to staff/volunteers, and that no one is alone in the fight against domestic violence. These cards warmed the hearts of our survivors and staff.

Pictured left to right student Morgan, CASA staff Marilynn, and student Cabria. Not pictured is fellow student that helped on the project, Mohammed.



F.L.O. Women's Group

CASA would like to give A HUGE THANK YOU to the F.L.O. Women's Group from Gulf To Lake Church for their donation of 90 care packages. These wonderful care packages were assembled by group members, and they included towels, flip-flops, and an assortment of hygiene items for CASA Survivors.

Dunnellon Community Thrift Shop

Thank you to the Dunnellon Community Thrift Shop for their generous donation to help survivors of domestic violence!



Want to help CASA like these amazing survivor supporters?

You too can host a third party fundraiser to help support CASA. A third-party fundraising event is when a business, organization, community group, school, or individual plans and hosts an event that benefits CASA. This is a great way for you to support CASA, to team build, and invest back into our community. Here are some examples of third party fundraising:

- Employee competitions (dress casual day, jean Friday, department with most funds raised.)
- Portion of proceeds from event tickets, retail items, specialty menu item

- Host a fundraising event
- Tournaments (bowling, cornhole, golf, tennis, etc.)
- Payroll deduction donations
- Donation drives (food, pet supplies, children school supplies, etc.)

Feel free to come up with something that works for you or your organization/company.

When you are ready to host a third party fundraiser reach out and let us know and we can help promote your efforts!



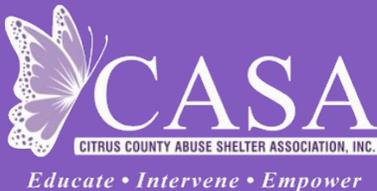
Donors February 2023

We would like to extend our sincerest thank you to our individual donors for the months of February 2023. Without your donations, we would not be able to do the work that we do in the community:

Sheila Reagan, Joanne Jenuleson, Rhiannon Steiner, Ronald Vaughan, Carol Roberts, Karen and Kevin Seely, Neale Brennan, Efron and Dina Argote, JoAnne Richmond, Dwight and Michele Dejean, James and Theodora Davies, Crystal River Lions Club, Crystal River Eagles AERIE 4272.

If you would like to donate to CASA now, you can go to our website www.casaf1.org.

[Donate Now](#)



CASA | (352) 344-8111

www.casaf1.org

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