

Calling Out the “G’s & L’s Who BS!”

Gaslight & Blame-Shift

A whole new way of looking at “BS.”

You are victimized.

They whoosh your pain away and assign it to the person who victimized you.

Next, you are blamed.

This is the “abuse & violence,” “war & slavery” movement in energy form.

Gaslighting and blame-shifting can distort reality, confuse victims, and erode a person’s sense of safety, autonomy, and trust. These behaviors are often associated with emotional abuse, coercion, guilt, manipulation, and unhealthy power dynamics.

Healthy communities require accountability, honesty, and respect for the experiences and well-being of others, especially during times of hardship and conflict.

Say no to the **BS!**