

# Identifying Gaslighting Tactics

Gaslighting is a form of manipulation that can make someone doubt their memories, views, or sanity. The purpose of this worksheet is to introduce you to some of the most common gaslighting tactics by providing examples and to help you identify instances when you experienced gaslighting so you can come up with better responses and avoid it in the future.

## Gaslighting Tactic: Denial

The gaslighter tells you a conversation or event never happened, or insists it didn't happen the way you remember it. They say things like:

- "That's not what happened."
- "I never said that."

## List Examples of Ways You Have Been Gaslight Like This

---

---

---

---

---

---

## List Ways You Could Respond to this Tactic in the Future

---

---

---

---

---

---



# Identifying Gaslighting Tactics

## Gaslighting Tactic: Distraction

The gaslighter tells regularly interrupts you or changes the subject. They say things like:

- “Let’s plan a vacation!”
- “Oh! Did you hear about...”

### List Examples of Ways You Have Been Gaslight Like This

---

---

---

---

---

### List Ways You Could Respond to this Tactic in the Future

---

---

---

---

---



# Identifying Gaslighting Tactics

## Gaslighting Tactic: Sabotage

The gaslighter does things to purposely make you feel or seem incompetent. They may take such actions as:

- Wrecking your vehicle to prevent you from leaving the house
- Throwing away important mail so you can't follow through on time

### List Examples of Ways You Have Been Gaslight Like This

---

---

---

---

---

### List Ways You Could Respond to this Tactic in the Future

---

---

---

---

---



# Identifying Gaslighting Tactics

## Gaslighting Tactic: Projection

The gaslighter blames you for the same behaviors in which they are actually engaging in. For example:

- Saying, “I think you’re cheating on me” if you suspect them of cheating
- Accusing you of telling lies if you call them out on a lie they’ve told

### List Examples of Ways You Have Been Gaslight Like This

---

---

---

---

---

### List Ways You Could Respond to this Tactic in the Future

---

---

---

---

---



# Identifying Gaslighting Tactics

## Gaslighting Tactic: Insults and Degrading Comments

The gaslighter will insult you and degrade you so you continue to doubt yourself. They may say things like:

- “See? This is what makes you really crazy.”
- “You don’t know what you’re talking about.”

### List Examples of Ways You Have Been Gaslight Like This

---

---

---

---

---

### List Ways You Could Respond to this Tactic in the Future

---

---

---

---

---



# Identifying Gaslighting Tactics

## Gaslighting Tactic: Threats

The gaslighter threatens negative and scary results if you don't trust them or go along with their idea. They may say things like:

- "If you keep doing that the kids will be taken away from you!"
- "If you don't do what I say, this relationship is done."

### List Examples of Ways You Have Been Gaslight Like This

---

---

---

---

---

### List Ways You Could Respond to this Tactic in the Future

---

---

---

---

---



# Identifying Gaslighting Tactics

## Gaslighting Tactic: Making Light of Serious Situations

The gaslighter minimizes serious situations or accusations. They may say things like:

- “It’s not a big deal.”
- “I don’t know what your problem is, it was nothing.”

### List Examples of Ways You Have Been Gaslight Like This

---

---

---

---

---

### List Ways You Could Respond to this Tactic in the Future

---

---

---

---

---



# Identifying Gaslighting Tactics

## Gaslighting Tactic: Silent Treatment

The gaslighter refuses to engage in conversation or respond to your concerns. They may:

- Leave the room or house and stay away from you for hours.
- Turn up the volume on the television or radio.

### List Examples of Ways You Have Been Gaslight Like This

---

---

---

---

---

### List Ways You Could Respond to this Tactic in the Future

---

---

---

---

---

