

Gaslighting is abuse that causes someone to doubt their perception of reality. It may include environmental, verbal or emotional manipulation.



An individual may gaslight another by:

- Refusing to listen to any concerns or pretending not to understand them.
- Questioning their memory, denying that events occurred in the way the survivor remembers.
- Changing the subject to divert attention from a topic, trivializing concerns.
- Pretending to forget things that have happened to further discredit the survivor.
- Denying events have taken place, claiming that the survivor is making them up.

This form of abuse often leads to increased dependence on the perpetrator. The person being abused may blame themselves and experience difficulty leaving their abuser.

Having the trust and support of others can help reinforce trust in oneself and may also help provide the courage needed to break unhealthy bonds.