

Gaslighting: What It Is

Gaslighting is a form of emotional manipulation where someone makes you doubt your own reality, memory, or feelings. It's designed to confuse you, weaken your confidence, and make you rely on the manipulator for "truth."

Common Signs

- They deny things you clearly saw or heard
- They twist your words to make you feel guilty
- They call you "too sensitive," "crazy," or "dramatic"
- They rewrite events to make themselves look innocent
- They blame you for their behavior
- They make you question your memory or sanity
- They minimize your feelings or experiences

Why People Gaslight

- To avoid accountability
- To maintain control
- To hide their own insecurities
- To manipulate the narrative
- To keep you emotionally dependent

How Gaslighting Affects You

- You second-guess yourself constantly
- You apologize for things that aren't your fault
- You feel confused or "foggy"
- You walk eggshells
- You lose confidence in your own judgment
- You feel isolated or misunderstood
- You start believing their version of events
- on

Boundaries to Protect Yourself From Gaslighting

1. Name the Behavior (Calmly, Not Emotionally)

- "I'm confident in what I saw."
- "I'm not debating my reality."
- "I won't continue this conversation if you deny my experience."

2. Stop Explaining Yourself

Gaslighters *feed* on making you defend your truth. Your boundary: **No repeated explanations.**

3. Keep Conversations Short

Limit emotional exposure. Boundary: "I'm not discussing this further."

4. Document What Matters

Not for them — for *you*. It keeps your reality grounded.

5. Don't Argue Facts

Gaslighters don't want truth; they want control. Boundary: "I'm not arguing about what I know."

6. Protect Your Emotional Space

Boundary: "I'm stepping away from this conversation."

7. Use "I" Statements

They reduce conflict and keep your power.

- "I feel dismissed when my experience is denied."
- "I need conversations where my feelings are respected."

8. Enforce Consequences

Boundaries mean nothing without follow-through.

- Leaving the conversation
- Reducing contact
- Ending the relationship if needed
- "I'm not questioning myself anymore."
- "I won't continue conversations where my reality is denied."

- "I trust my memory and my perception."
- "I'm stepping away until we can talk respectfully."
- "My feelings are valid, even if you disagree."