



Worksheet

Gaslighting

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Gaslighting is a form of manipulation that makes someone question their own views, sanity, or memory. Learning about the telltale indicators of gaslighting can strengthen your resistance to this damaging emotional abuse.

The purpose of this worksheet is to:

- To introduce you to some common gaslighting tactics
- To help you understand gaslighting by providing examples
- To help you identify instances where you have been 'gaslit' so you can avoid this manipulation in the future

Instructions

On the next page, you will find eight (8) common gaslighting tactics, along with examples.

In the space provided, list some ways that you have been 'gaslit' in a past situation. Then, list some ways you feel you could apply this knowledge when facing a similar situation in the future.

Gaslighting Tactic 1: Denial

The gaslighter tells the victim an event or conversation didn't happen, or didn't happen the way the victim remembers it.

For example:

"I never said that.."

"That's not how it happened at all!"

List some ways you have been gaslit like this in the past.

List some ways you could respond to this tactic in the future.

Gaslighting Tactic 2: Ignoring or Avoidance

The gaslighter refuses to engage in conversation with the victim or address their concern.

For example:

Turning up the volume on the TV.

Leaving the house and not returning for hours.

List some ways you have been gaslit like this in the past.

List some ways you could respond to this tactic in the future.

Gaslighting Tactic 3: Projection

The gaslighter accuses the victim of the very behaviour in which *they* are actually engaging in.

For example:

“ Maybe you’re the one hiding something.”

“ Well, I think you are lying to me. ”

List some ways you have been gaslit like this in the past.

List some ways you could respond to this tactic in the future.

Gaslighting Tactic 4: Sabotage

The gaslighter undermines the victim in order to make them seem (and feel) incompetent.

For example:

Throwing away the victim's mail so they can't pay a bill on time.

Damaging a victim's car so they can't leave the house.

List some ways you have been gaslit like this in the past.

List some ways you could respond to this tactic in the future.

Gaslighting Tactic 5: Distraction

The gaslighter interrupts the victim or tries to change the subject.

For example:

“ Let’s talk about your birthday! ”

“ Hey, can we go get something to eat? ”

List some ways you have been gaslit like this in the past.

List some ways you could respond to this tactic in the future.

Gaslighting Tactic 6: Minimization or Trivialization

The gaslighter makes light of a serious situation or accusation.

For example:

“ Whatever, it was nothing. ”

“ It’s not a big deal anyway. ”

List some ways you have been gaslit like this in the past.

List some ways you could respond to this tactic in the future.

Gaslighting Tactic 7: Put-downs

The gaslighter insults and degrades the victim so they start to doubt themselves.

For example:

“ You’re an idiot. You have no clue what you are saying. ”

“ You sound really crazy when you talk like that. ”

List some ways you have been gaslit like this in the past.

List some ways you could respond to this tactic in the future.

Gaslighting Tactic 8: Threats

The gaslighter threatens a negative outcome for not trusting them or their perspective.

For example:

“ If you can’t see things my way, this relationship is over. ”

“ You’ll get the kids taken away if you keep saying that! ”

List some ways you have been gaslit like this in the past.

List some ways you could respond to this tactic in the future.