



# Gaslighting: A Psychopath Tool

How to identify and protect yourself from the flames

Gaslighting is when a person makes you question your reality through manipulation, criticism and embarrassment

In 2022, "gaslighting" was given the title of word of the year, after the searching of this term increased by 1,740%. It's become a term and topic everyone wants to know about.

Gaslighting is not a new term instead it originated from a 1930's stage play and later a movie called 'Gas Light'. The story showed how the husband of a women led her to believe she was going crazy by slowing turning down the gaslight claiming it had not been touched.

"Gaslighting is psychological manipulation of a person usually over an extended period of time that causes the victim to question the validity of their own thoughts, perception of reality, or memories"

[www.verywellmind.com](http://www.verywellmind.com)

## What to look for

*All psychopaths are gaslighters,  
but not all gaslighters are psychopaths*

### The Gasligher:

- Denies what they said or did
- Manipulates you
- Pads your ego in private and humiliates you in public
- They do not care about how they hurt others

### They make you:

- Second guess yourself
- Not trust your own skills
- Think you're the problem
- Feel like you're not good enough



**Look at what they do, not what they say**

**"It is always  
someone else's  
fault. This is the  
gaslighters'  
mantra"**

*Stephanie Moulton Sarkis*



## Things to Consider

### Gaslighting can cause:

- Confusion
- Loss of confidence
- Loss of self-esteem
- Uncertainty about mental state
- Dependency on the perpetrator

### What makes you vulnerable to Gaslighting:

- Being easy to manipulate

### How to protect yourself:

- Gain some distance
- Save the evidence
- Set boundaries
- Get an outside perspective
- End the professional relationship

*Are needing assistance  
with an issue?*

**Contact us at:**

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