



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 named word of the year, after the term's search volume 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 1930s stage play and later a movie called 'Gaslight'. The story showed how the husband of a woman led her to believe she was going crazy by slowly 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

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
- Don't 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?*

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