



FACTSHEET

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.

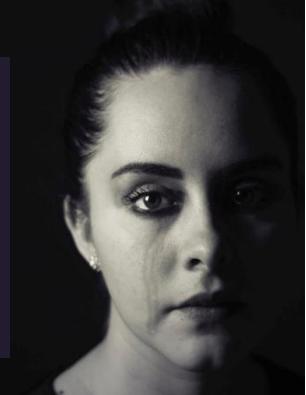
Gaslighting is not a new term; instead, it originated from a 1930s stage play and later a movie called ‘Gaslight’. The story showed how the husband of a woman led her to believe she was going crazy by slowly turning down the gaslight, claiming it had not been touched.

“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

“It is always someone else's fault. This is the gaslighters' mantra”

Stephanie Moulton Sarkis



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.

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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