



**What is gaslighting?  
And how do you know if it's  
happening to you?**



**Psychologists use the term “gaslighting” to refer to a specific type of manipulation where the manipulator is trying to get someone else (or a group of people) to question their own reality, memory or perceptions.**



**Gaslighting primarily occurs in dating and married relationships, but it's not uncommon for it to occur in controlling friendships or among family members as well.**



**Toxic people use this type of manipulation to exert power over others in order to manipulate friends, family members, and sometimes even co-workers.**



# SIGNS OF GASLIGHTING






**Their actions  
don't match their words.**



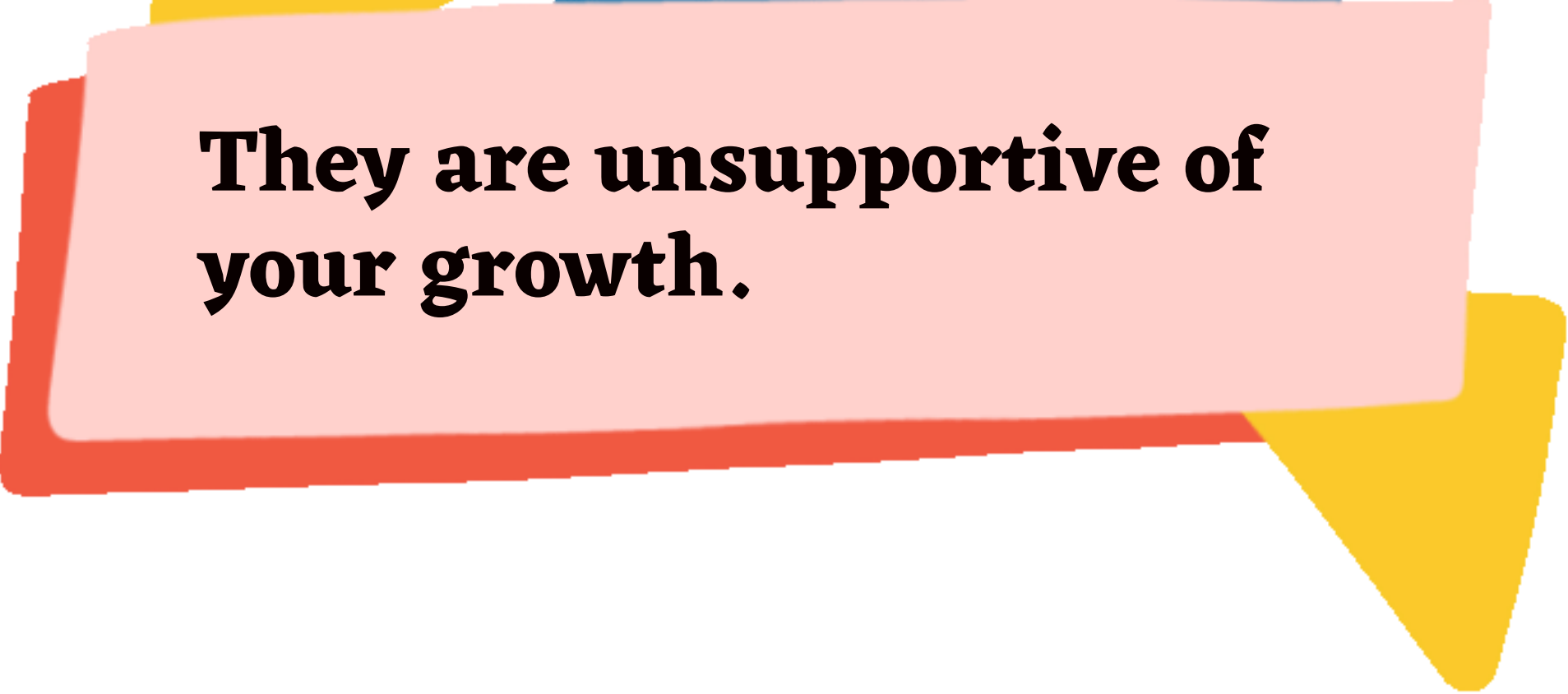



**Degrading comments  
followed by positive  
reinforcement.**



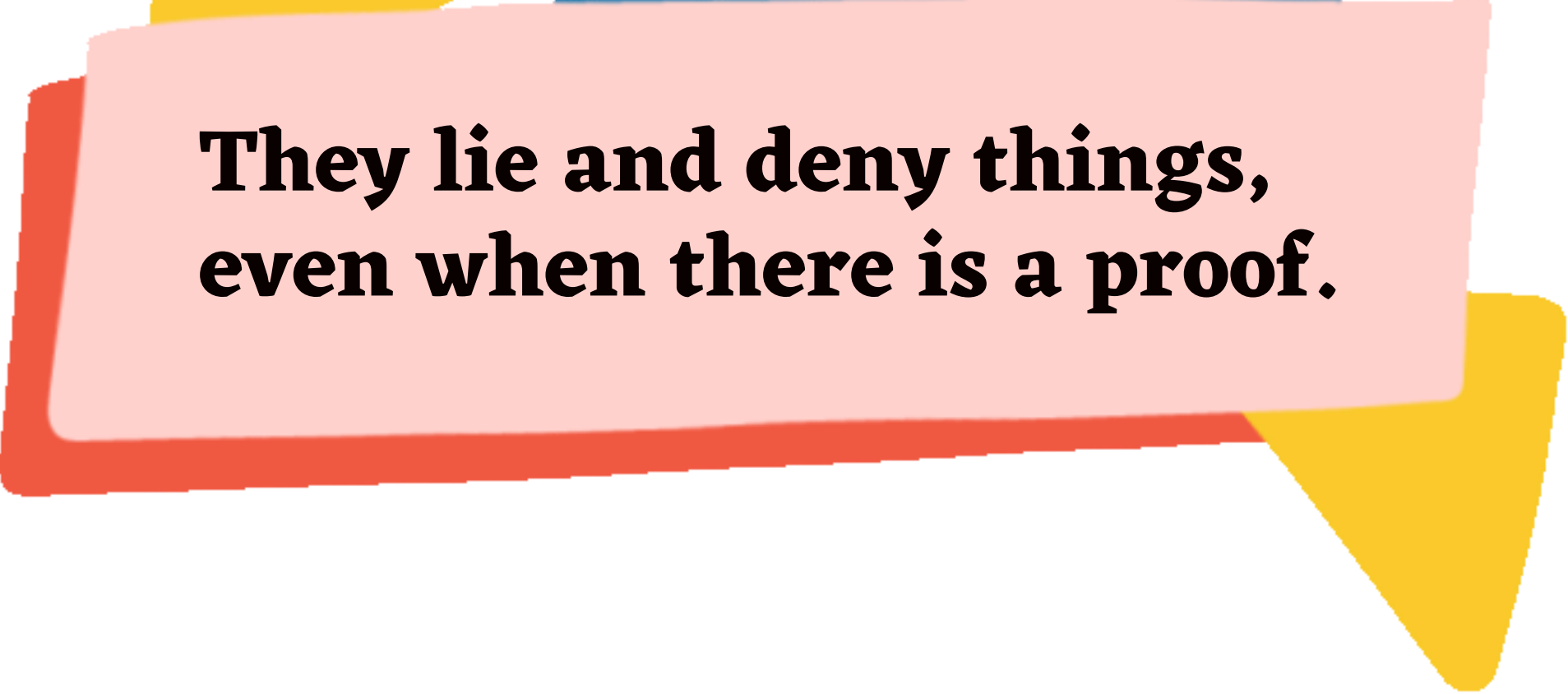



**They are unsupportive of  
your growth.**



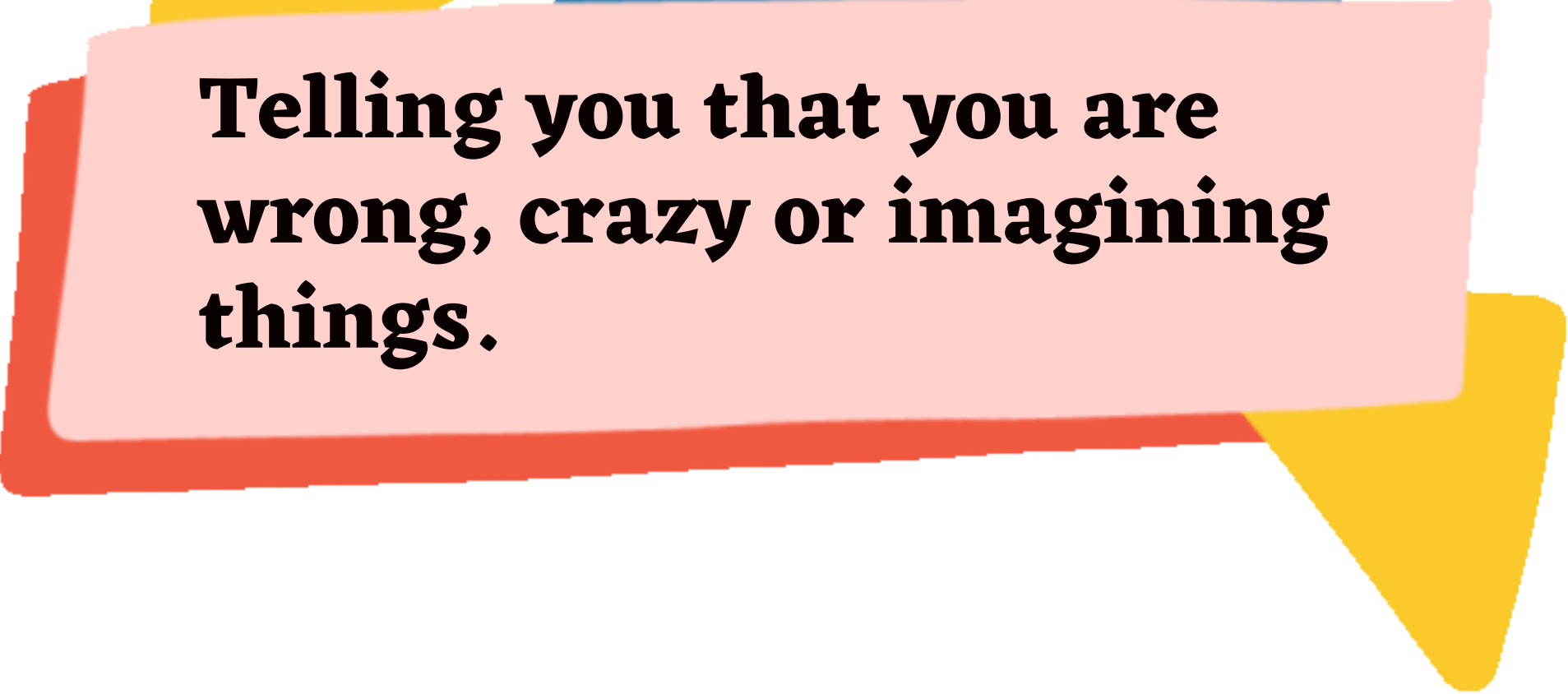


**They lie and deny things,  
even when there is a proof.**





**Telling you that you are  
wrong, crazy or imagining  
things.**



# WHAT TO DO IF SOMEONE IS GASLIGHTING YOU?



**Identify the problem.**

**Start with making small decisions.**

**Get a second opinion.**

**Have compassion for YOU.**

**Gaslighting is domestic abuse, and is recognised as a criminal offence in many countries.**

**It is a serious form of abuse and there is support to help victims.**

