

GASLIGHTING

Gaslighting is a tactic in which a person in order to gain more power, makes a victim question their reality.

Anyone is susceptible to gaslighting and it is a common technique of abusers. It is done slowly, so the victim doesn't realise how much they've been brainwashed.

In the movie Gaslight (1944), a man manipulates his wife to the point she thinks she is losing her mind.



1. They tell blatant lies.

Once an abuser tells you an outright lie, you are not sure if anything they say is true. Keeping you unsteady and off-kilter is the goal

2. They deny they ever said something, even though you have proof.

You know they said they would do something; you heard it but the abuser will out and out deny.

3. They use what is near and dear to you as ammunition.

.An abuser know how important kids are to you and they know how important your identity is to you. So those may be one of the first they attack. For example- telling you, you are not a worthy person



4. They wear you down over time.

Gaslighting is done over time. A lie here, a lie there, snide comment every so often.

5. Their actions do not match their words.

What they are saying means nothing, it is just talk. What they are doing is the issue.

6. They throw in positive reinforcement to confuse you.

This person that is cutting you down telling you that you don't have value, is now praising you for something you did. This adds an additional sense of uneasiness. You think "well maybe they aren't so bad" yes they are!

7. They know confusion weakens people.

Gaslighters know that people like having a sense of stability and normalcy. Their goal is to uproot this and make you question everything. Human nature is to look to the person that will help you and that happens to be the gaslighter.



8. They project.

They are a drug user or a cheater, yet they are constantly accusing you of that. This is done so often you start trying to defend yourself.

9. They try to align people against you.

Gaslighters are masters at manipulating and finding the people they know will stand by them no matter what – and they use these people against you. It makes you feel like you don't know who to trust and that leads you back to the Gaslighter. Isolation gives more control.

10. They tell you or others that you are crazy.

This is one of the most effective tools of a gaslighter because it is dismissive.

11. They tell you everyone else is a liar.

By telling you that everyone else (your family and friends) is liar it again makes you question the reality. You've never known someone with the audacity to do this so they must be right.

It make people turn to the gaslighter for the correct information which isn't correct.

The more professionals/ people at risk are aware of these techniques, the quicker you can identify them and avoid falling into the gaslighter's trap.



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