

gaslighting red flags

01

CONFUSION

Are you being told you're crazy?
Is your partner twisting things
around to make it seem you're
being irrational or unreasonable?

02

SELF-DOUBT

Are you second-guessing yourself?
'I didn't say that, I said ...'
'If you remember correctly, ...'
'That wasn't me: that was you.'

03

MINIMISING

Are your thoughts and feelings
being trivialised?
'You're so sensitive!'
No need to get angry over a little
thing like that!
'I was just joking!'

04

AVOIDANCE & DENIAL

'You must have dreamt that!'
'Rubbish! I never said that.'
'I don't know what you're talking
about.'

05

WALKING ON EGGSHELLS

Are you constantly apologising
because you're made to feel as if
you were wrong or that something
was your fault? Even if you weren't
or it wasn't?

06

DIVERSION

Changing the subject, asking another
question or making a statement
directed at your thoughts or feelings:
'You're imagining things.'
'Is that another crazy from your mum
[friend, etc]?'
'Everyone knows you're stupid.'

07

WORDS ≠ ACTIONS

Does your partner tell you they love
you but speak or act as if they don't?
Being put down is NOT a loving
behaviour.

08

FEELING DRAINED

Do you feel your energy being
drained from the energy required
to think about what and how to
say something to your partner?

PLEASE NOTE

- Do NOT blame yourself.
- Recognise gaslighting IS abuse.
- Reclaim yourself, your self-belief,
self-confidence and your instinct.
- Believe you deserve respect.
- Seek support or counselling.