

## Gaslighting examples

[https://www.newportinstitute.com/resources/mental-health/what\\_is\\_gaslighting\\_abuse/](https://www.newportinstitute.com/resources/mental-health/what_is_gaslighting_abuse/)

The term “gaslighting” comes from the 1938 play *Angel Street*, which was later adapted into the film *Gaslight*, in which a man tries to convince his wife that she is going insane so he can steal from her. When he turns on the lights in the attic to search for her jewelry collection, and the gas lights dim downstairs, he tells her it’s all in her imagination. Gradually she begins to question her own memories and perceptions.

- **Gaslighting typically takes place in abusive relationships** like this and is closely associated with other types of emotional abuse, or even physical abuse. While gaslighting is most common in romantic relationships, it can also occur within family or workplace relationships.

### 10 Examples of Gaslighting

If you’re wondering how to tell if someone is gaslighting you, consider whether someone has exhibited any of the following behaviors within your romantic, family, or work relationships:

1. **Lying** about or denying something and refusing to admit the lie even when you show them proof
2. Insisting that an event or behavior you witnessed never happened and that you’re remembering it wrong
3. Spreading rumors and gossip about you, or telling you that other people are gossiping about you
4. Changing the subject or refusing to listen when confronted about a lie or other gaslighting behavior
5. Telling you that you’re overreacting when you call them out
6. Blame shifting in relationships—they deflect responsibility by claiming that if you acted differently, they wouldn’t treat you like this, so it’s really your fault
7. Trying to smooth things over with loving words that don’t match their actions
8. Twisting a story to minimize their abusive behavior
9. Minimizing their hurtful behaviors or words by saying something like, “It was just a joke” or “You’re way too sensitive”
10. Separating you from friends and family who might recognize your gaslighting abuse symptoms