

Gaslighting

<https://parade.com/living/phrases-to-shut-down-gaslighting-according-to-psychologists>

What is Gaslighting?

Gaslighting is a type of emotional abuse. Someone who is gaslighting will try to make a targeted person doubt their perception of reality. The gaslighter may convince the target that their memories are wrong or that they are overreacting to an event.

How to respond to a gaslighter?

One of the best ways to turn the tables on a gaslighter is to simply not listen to or engage with them. When they start gaslighting you, shrug and walk away or think about something else. Consider deleting or blocking their number so they can't reach you.

14 Phrases To address Gaslighting, According to Psychologists

1. "We don't see things the same way. My reality is my reality, and your reality is your reality."
2. "I appreciate that that's your reality."
3. "I know that's not true."
4. "I feel like you're minimizing my feelings."
5. "I trust my own instincts."
6. "OK."
7. "I will accept responsibility for my role in this. I would appreciate it if you would take responsibility for your own role in this."
8. "Can you provide more specific details?"
9. "That's interesting. I'd like time to think about that."
10. "Let's stop talking about it."
11. "I won't accept blame when you won't accept responsibility."
12. "I will not engage in a conversation in which I don't feel respected."
13. "Some truths are difficult to hear."
14. "This is a boundary for me. I've told you this before, and I would appreciate it if you could respect my boundaries."