



WHAT IS GASLIGHTING?

Gaslighting is a form of emotional abuse. It happens when someone makes you question your memory, your thoughts, or your feelings.

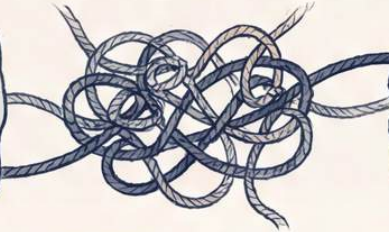
They may try to make you feel confused, insecure, or as if you are "losing your mind."

Gaslighting is not a one-off argument. It is a pattern of behaviour used to gain power and control over you.



WHAT IT MIGHT SOUND LIKE:

"That never happened."
"You are too sensitive."
"You are imagining things."
"You are overreacting."



"No one else thinks that."
"You always twist things."
"I never said that."

WHAT IT CAN MAKE YOU FEEL:



Confused or unsure of yourself



Anxious or constantly on edge



Like everything is your fault



Afraid to speak up or share your opinion



That you can no longer trust your own memory

EXAMPLES OF GASLIGHTING:



You remember a conversation clearly. They say it never happened.



You feel hurt by something they did. They say you are being dramatic.



They do something wrong, but somehow you end up apologising.



You start to doubt your own thoughts and feelings.

WHY IT MATTERS:

Gaslighting can happen in close relationships, at work, or in families. Over time, it can affect your confidence, your mental health, and your sense of reality.

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YOU ARE NOT THE PROBLEM. IF SOMETHING FEELS WRONG, IT PROBABLY IS. YOU HAVE A RIGHT TO TRUST YOUR OWN FEELINGS.