

Gaslighting Examples and Strategies



Gaslighting Phrases to maintain control



"That never happened." – Denying that an event or conversation took place to make you doubt your own memory.

"You're too sensitive/overreacting." – Minimizing your feelings or concerns so you feel foolish for bringing them up.

"You're making things up." – Outright denial of your reality or twisting events to shift the blame to you.

"It was just a joke." – Downplaying cruel or hurtful remarks so they don't have to apologize.

"You're crazy." – Questioning your mental state or judgment to force dependency.



Gaslighting Strategies



- Anchor Your Reality: Document dates, exact quotes, and events immediately so your memory isn't questioned.
- Use the "Broken Record" Technique: Do not engage in side arguments. Calmly and consistently state the facts from your perspective using simple, unwavering phrasing.
- Disengage from Circular Conversations: Recognize when the dynamic shifts to blaming you, and step away immediately. You do not need to defend yourself against false accusations.
- Set Clear Boundaries: Communicate what you are willing to discuss and set a consequence for communication (e.g., "I understand you disagree, but I will not continue this conversation if there are personal attacks")

Helpful Phrases

"I am not here to argue. I just wanted to express how I feel."

"This isn't about attacking you. It is about how the situation affected me."

"I won't continue if we cannot communicate respectfully."