

Identifying Gaslighting Tactics

Gaslighting is a form of manipulation that can make someone doubt their memories, views, or sanity. This worksheet aims to introduce you to some of the most common gaslighting tactics by providing examples and to help you identify instances when you experienced gaslighting so you can come up with better responses and avoid it in the future.

Gaslighting Tactic: Denial

The gaslighter tells you a conversation or event never happened, or insists it didn't happen the way you remember it. They say things like:

- "That's not what happened."
- "I never said that."

List Examples of Ways You Have Been Gaslight Like This

List Ways You Could Respond to this Tactic in the Future

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



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Gaslighting Tactic: Distraction

The gaslighter tells regularly interrupts you or changes the subject. They say things like:

- “Let’s plan a vacation!”
- “Oh! Did you hear about...”

List Examples of Ways You Have Been Gaslight Like This

List Ways You Could Respond to this Tactic in the Future



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Gaslighting Tactic: Sabotage

The gaslighter does things to purposely make you feel or seem incompetent. They may take such actions as:

- Wrecking your vehicle to prevent you from leaving the house
- Throwing away important mail so you can't follow through on time

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Gaslighting Tactic: Projection

The gaslighter blames you for the same behaviors in which they are actually engaging in. For example:

- Saying, “I think you’re cheating on me” if you suspect them of cheating
- Accusing you of telling lies if you call them out on a lie they’ve told

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Gaslighting Tactic: Insults and Degrading Comments

The gaslighter will insult you and degrade you so you continue to doubt yourself. They may say things like:

- “See? This is what makes you really crazy.”
- “You don’t know what you’re talking about.”

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Gaslighting Tactic: Threats

The gaslighter threatens negative and scary results if you don't trust them or go along with their idea. They may say things like:

- "If you keep doing that the kids will be taken away from you!"
- "If you don't do what I say, this relationship is done."

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Gaslighting Tactic: Making Light of Serious Situations

The gaslighter minimizes serious situations or accusations. They may say things like:

- “It’s not a big deal.”
- “I don’t know what your problem is, it was nothing.”

List Examples of Ways You Have Been Gaslight Like This

List Ways You Could Respond to this Tactic in the Future



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Gaslighting Tactic: Silent Treatment

The gaslighter refuses to engage in conversation or respond to your concerns. They may:

- Leave the room or house and stay away from you for hours.
- Turn up the volume on the television or radio.

List Examples of Ways You Have Been Gaslight Like This

List Ways You Could Respond to this Tactic in the Future





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

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