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Gaslighting is a tactic in which a person or entity, in order to gain more power, makes a victim question their reality. It works much better than you may think.

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- PSYCHOLOGY TODAY

YOU'RE NOT ALONE.

If you are in immediate danger, call 911.

UNM WOMEN'S RESOURCE CENTER:
(505) 277-3716

UNM LGBTQ RESOURCE CENTER:
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UNM STUDENT HEALTH & COUNSELING
(505) 277-3136

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(505) 277-2911

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HOTLINE:
1-(800)-799-SAFE

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WOMEN'S
RESOURCE CENTER

WHAT IS GASLIGHTING?

How to spot the warning signs of emotional abuse.



WHAT ARE THE SIGNS OF GASLIGHTING?

- You constantly second-guess yourself.
- You ask yourself, “Am I too sensitive?” multiple times a day.
- You often feel confused and even crazy.
- You’re always apologizing to your partner.
- You feel as though you can’t do anything right.
- You frequently make excuses for your partner’s behavior to friends and family.
- You find yourself withholding information from friends and family so you don’t have to explain or make excuses.
- You start lying to avoid the put downs and reality twists.

Gaslighting is a form of persistent manipulation and brainwashing that causes the victim to doubt themselves, and ultimately lose their own sense of perception, identity, and self-worth. The term is derived from the 1944 film *Gaslight*, in which a husband tries to convince his wife that she’s insane by causing her to question herself and her reality.

In its milder forms, gaslighting creates a subtle, but inequitable, power dynamic in a relationship, with the gaslightee subjected to the gaslighter’s unreasonable, rather than fact-based, scrutiny, judgment, or micro-aggression. At its worst, pathological gaslighting constitutes a severe form of mind-control and psychological abuse.

“I never said that. You’re making things up again.”

“Are you sure? You tend to have a bad memory.”

“It’s all in your head.”

If your partner repeats phrases like these often, and you are often questioning yourself, you may be being gaslighted.

WHEN THINKING ABOUT YOUR RELATIONSHIP...

- You wonder if you are a “good enough” partner.
- You can’t understand why, with so many apparently good things happening, you aren’t happier.
- You know something is terribly wrong, but you can never quite express what it is.
- You feel hopeless and joyless in your relationship.