

Gaslighting is a form of psychological abuse and manipulation where a person makes someone doubt their memory, perception, or sanity. The term comes from a 1938 play named Gas Light.

Common Signs and Tactics

- Denying reality: The person flatly denies events happened the way you remember them.
- Telling direct lies: They invent false details or claim they never said or did something.
- Blaming the victim: They turn the blame around and make you feel at fault for bringing up an issue.
- Minimizing feelings: They tell you that you are "too sensitive," overreacting, or crazy.

Where It Happens

- Personal relationships: Partners, family members, or friends use it to control or isolate someone.
- Workplaces: A boss or coworker might deny agreements or feedback to undermine your confidence.
- Medical settings: A provider might dismiss real physical symptoms as anxiety or minor stress (known as medical gaslighting).