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**""ARE YOU BEING
GASLIGHTED? HERE'S
HOW TO TELL"**

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As a psychologist, I understand how critical it is to recognize the signs of gaslighting in a relationship. Gaslighting is a form of emotional abuse where a person manipulates another to question their reality, memory or perceptions. If you suspect you're being gaslighted, this detailed checklist can help you identify the signs:



Your Feelings Are Regularly Dismissed or Invalidated

- **Do you often hear that you're too sensitive or overreacting?**
- **Does your partner dismiss your feelings or experiences?**



Constant Second-Guessing of Yourself

- Do you doubt your memory of events or conversations?
- Have you started questioning your judgment or reality?



Feeling Isolated or Alienated

- Has your partner discouraged or prevented you from seeing friends and family?
- Do you feel increasingly alone and unsupported?



You Apologize Even When You're Not at Fault

- Do you find yourself frequently apologizing?
- Are you often made to feel responsible for your partner's behavior or mood?



Your Partner Denies Saying Things They've Clearly Said

- Has your partner denied saying things that you clearly remember them saying?
- Do you feel confused about conversations or events because of their denial?



You're Always the One at Fault

- **Does your partner blame you for everything that goes wrong?**
- **Are you constantly at the receiving end of criticism and blame?**



Feeling Inadequate and Insecure

- Has your self-esteem decreased since being in the relationship?
- Do you often feel incompetent or not good enough?



Your Partner's Reality Always Overrides Yours

- Does your partner insist their memory or perspective is the accurate one?
- Are your experiences and memories often contradicted or questioned?



You Feel Trapped and Unsure of What to Do

- Do you feel stuck in the relationship without a clear way out?
- Are you uncertain about what to believe and what actions to take?



Your Health Is Affected

- Are you experiencing increased anxiety, depression, or stress?
- Do you have trouble sleeping or other physical health issues that started or worsened with the relationship?



Walking on Eggshells

- Do you constantly try to avoid saying or doing anything that might upset your partner?
- Are you always on edge, trying to anticipate your partner's reactions?



You've Stopped Trusting People Close to You

- Has your trust in close friends or family members decreased?
- Does your partner suggest that others are lying or untrustworthy?



Your Achievements Are Minimized or Belittled

- **Does your partner downplay your accomplishments?**
- **Are your skills, talents, or achievements often dismissed or ridiculed?**



Feeling Emotionally Exhausted

- Do you feel drained and emotionally spent most of the time?
- Is there a persistent sense of sadness or hopelessness in the relationship?



You Constantly Receive Mixed Messages

- Are you receiving mixed signals, leaving you confused about where you stand?
- Does your partner alternate between kindness and cruelty?

If you find yourself answering 'yes' to several of these questions, it may be an indication that you are experiencing gaslighting in your relationship.

Recognizing these signs is a crucial first step.

Seeking support from a therapist, trusted friends or support groups can provide you with the guidance and strength needed to address this situation.

Remember, your feelings and experiences are valid, and you deserve a relationship based on respect and honesty.