

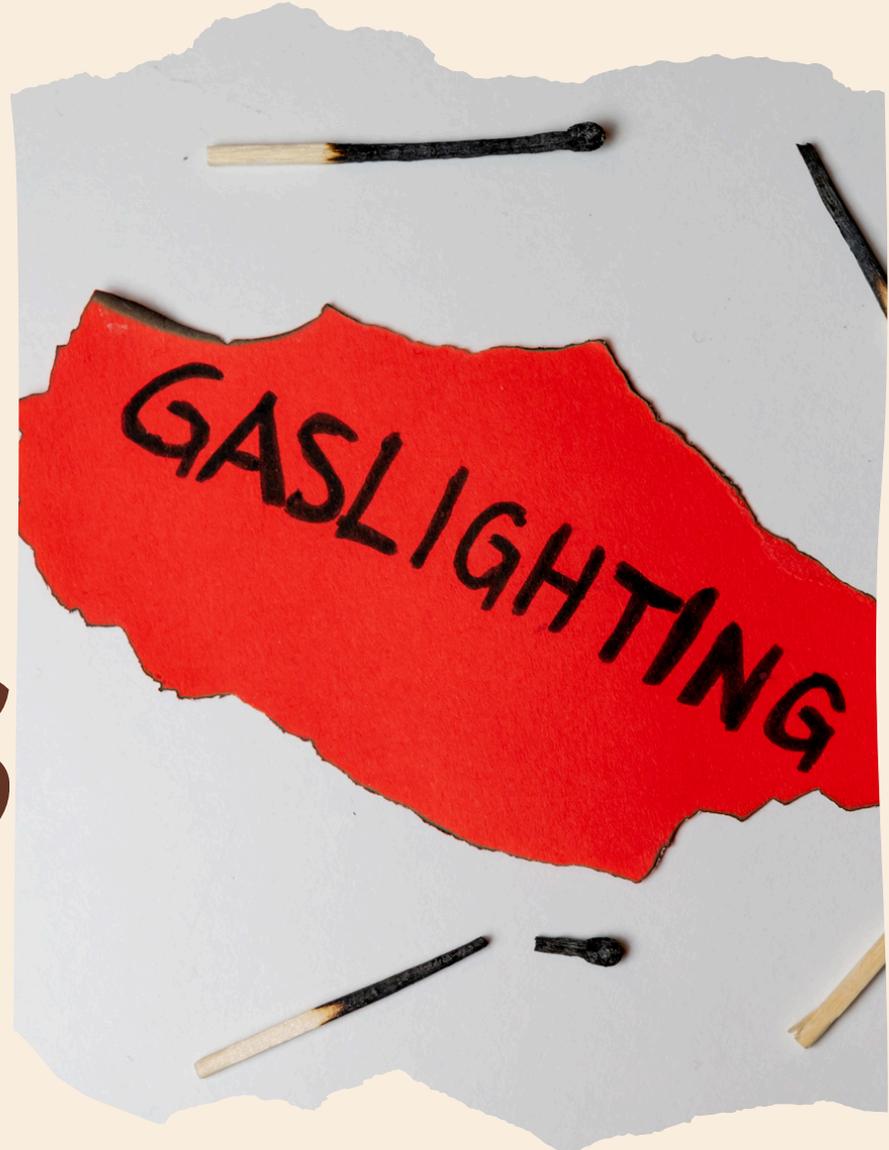


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**VS**



# NAVIGATING THE TRICKY WATERS OF LYING VS. GASLIGHTING

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**In the complicated world of personal relationships, deception can show up in various ways. Two common forms are lying and gaslighting. While they might seem similar since both involve bending the truth, they're actually quite different in terms of their motives, methods and effects on people. This guide takes a closer look at these differences, especially highlighting the uniquely damaging nature of gaslighting in comparison to the typically simpler act of lying.**



## What Exactly is Lying?

Everyone knows what a lie is – you say something that's not true because you want to deceive someone. People lie for all sorts of reasons: to avoid trouble, to spare someone's feelings, or maybe to get something they want. The thing about lies, though, is that they're usually about specific things and don't generally mess with your grip on reality. For instance, someone might fib about why they were late to avoid a lecture.



## Gaslighting: A Whole Different Ballgame

Gaslighting is more complex and a lot more harmful. It's not just a one-off lie; it's a whole campaign of deception. It's all about making the other person doubt what they know to be true, questioning their memory and even their sanity. It's a common tactic in abusive relationships, where one person is trying to get power over the other. The gaslighter might constantly deny things that happened or tell the victim they're just being paranoid, even when there's clear evidence. This kind of ongoing denial can really shake someone up, making them doubt their own mind and feelings.

## Breaking Down the Differences

- 1. Intent and Approach:** Lying is usually more about the moment, a quick diversion from the truth. Gaslighting, on the other hand, is a deliberate, long-term strategy to mess with someone's head.
- 2. How Often It Happens:** A lie can be a one-time thing, but gaslighting is all about repetition, creating a pattern of manipulation over time.
- 3. The Impact:** While lies can definitely hurt and cause trust issues, gaslighting digs deeper, often leading to serious emotional and mental health problems like chronic self-doubt and anxiety.
- 4. The Power Play:** Gaslighting is really about control, making someone feel less sure of themselves so they're easier to manipulate. Lying isn't always about power; sometimes it's just about avoiding immediate consequences.
- 5. Messing with Reality:** Lying is usually about specific facts. Gaslighting, though, twists your whole perception of what's real and what's not, leaving you feeling lost and alone in figuring out the truth.

**To sum up, while both lying and gaslighting involve not telling the truth, their impacts are vastly different. Understanding these differences is especially important for those who might be dealing with gaslighting, as it's a form of emotional abuse that can seriously mess with your head and heart. Recognizing these behaviors is key to addressing them and maintaining healthy relationships based on honesty and trust. In the end, good communication and respect for each other's reality are crucial in any relationship to prevent the damage that comes from both lying and the more sinister effects of gaslighting.**