

Gaslighting Worksheet

Patient Name: _____ Date: _____

Description

Gaslighting is a form of psychological manipulation in which a person seeks to sow seeds of doubt in a targeted individual or group, making them question their own memory, perception, or sanity. This worksheet is designed to help you identify instances of gaslighting and develop strategies to protect yourself from its effects.

Identifying Gaslighting

Describe a recent situation where you felt confused or doubted your own memory or perception.

What did the other person say or do that made you question yourself?

How did you feel during and after the interaction?

Common Signs of Gaslighting

- Denying they said something, even when you have proof.
- Using what you care about as ammunition against you.
- Their actions do not match their words.
- They throw in positive reinforcement to confuse you.
- They try to align people against you.

Have you experienced any of the above signs? If yes, please provide examples.

Strategies to Protect Yourself

How can you validate your own feelings and experiences, even if someone else is questioning them?

What boundaries can you set to protect yourself from gaslighting behavior?

Which friends or family members can affirm your reality?

How can you maintain the support system?

Reflecting on Your Experience

How do you feel after completing this worksheet?

What are some steps you can take to address or avoid gaslighting in your life?

Additional Notes

Healthcare Professional's Information

Name:

License Number:

Phone Number:

Email:

Name of Practice: