

GASLIGHTING

Denial

Says an event or discussion didn't happen, or flips the facts to make you look bad and them look good.

"I never said that!" That's not how it happened at all!"

Distraction

Interrupts or attempts to change the subject.

"Let's talk about your birthday." "Hey, aren't you hungry, let's get some food."

Avoidance

They refuse to engage in conversation with the victim or address their concerns.

Turning up the volume on the TV. Leaving the house and not returning for hours.

Minimizes

Makes light of the seriousness and severity of the situation, accusation and their actions.

"Whatever, it was nothing, you always make a big deal out of everything."

Projection

Accuses you of the very behavior in which they are engaging.

"Maybe YOU are the one hiding something. I think YOU are the one lying!"

Put-Downs

Insults and degrades you so that you start to doubt yourself and your worthiness.

"You're an idiot. You have no clue what you are talking about. You sound crazy."

Sabotage

Undermines you in order to make others believe you are incapable or incompetent.

Throwing away your mail, hiding your keys, starting drama at your work place.

Threats

Threatens a negative outcome for not trusting relying or going along with them/their story.

"I never said that" That's not how it happened at all"