WHAT IS GASLIGHTING?

Gaslighting is a pattern of manipulation where an individual or group of people make someone who is being harassed doubt themselves and their experiences of harassment, feel at fault, and/or that they are “too sensitive” or “irrational.”

(Canadian Women’s Foundation, 2020)

Here’s some examples of gaslighting:

- I was just joking. You’re so serious all the time.
- I didn’t say that. You’re so emotional.
- You’re always twisting my words.
- Why so defensive all the time?
- You should know this! I already explained this to you?