

# Gaslighting Worksheet

Patient Name: Enid Sullivan

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## 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.

Last week, I confronted my husband about a suspicious text message I saw on his phone. He denied its existence and accused me of imagining things.

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

He insisted that I was being paranoid and that there was no message. He said I must have dreamt it. He also said I made him feel bad at the end of such a tiring day filled with meetings with other top executives.

How did you feel during and after the interaction?

I felt crazy and started questioning my own memory. Afterward, I felt guilty for even bringing it up.

## 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.

Yes, my husband often denies things that I know happened. He also acts lovingly after such incidents, which confuses me. He also makes jokes about it with his friends and our relatives when they come over. It's humiliating.

### **Strategies to Protect Yourself**

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

I can keep a journal of events and conversations to refer back to and trust my intuition more. I should also maybe take photos.

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

I should assertively express my feelings and set clear boundaries about what is acceptable behavior.

Which friends or family members can affirm your reality?

My sister and close friends

How can you maintain the support system?

I can reach out to my sister and close friends more often to share my experiences and seek their perspective.

## Reflecting on Your Experience

How do you feel after completing this worksheet?

I feel more empowered and aware of the gaslighting behavior I've been experiencing. And I feel more resentment towards my husband

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

I will start documenting incidents, seek therapy for support, and have an honest conversation with my husband about his behavior.

## Additional Notes

Enid, I'm so proud that you're loving yourself more and taking steps to protect yourself. continue journaling and consider couples therapy if your husband is willing to participate.

## Healthcare Professional's Information

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