IS IT GASLIGHTING?

Is what you are experiencing really gaslighting? The catch-22 of answering these questions is that by nature, gaslighting causes you to doubt yourself and your intuition. Sometimes an objective assessment tool can help sort through that conflict. Try to answer these questions as honestly as you can, trusting your gut instinct.

Check those that apply:

- ☐ Do you often question yourself, wondering whether your memory is accurate?
- ☐ Do you feel that you can't trust your emotions?
- ☐ Do you often fear that others won't believe the truthful things you say?
- ☐ Do you find your recalled version of events frequently challenged?
- ☐ Do you feel as though most or all conflicts are your fault?
- ☐ Does talking to that certain someone leave you feeling "a little crazy"?
- ☐ Do they often suggest or insinuate that you are "too emotional"?
- ☐ Do you feel less than or smaller when talking with them and unsure why?
- ☐ Do they emphasize their presumed position of authority?
- ☐ Do they diminish, laugh at, ignore, or devalue your feelings and experiences?
- ☐ Do they consistently downplay your accomplishments, while celebrating their own?
- ☐ Do they never seem to admit fault?

- ☐ Do you leave encounters with them questioning what is wrong with you?
- ☐ Do you find yourself questioning whether it really is as bad as it seems?

If you answered yes to more than ten of these questions, you likely have a toxic relationship with an emotionally abusive gaslighter.

If you scored between eight and ten, chances are high that you are in an unhealthy relationship that involves a significant amount of gaslighting.

If you resonated with six to eight of these descriptors, you may have someone in your life who gaslights you at times.

Even if you scored lower than six but connected strongly with some descriptors, this book may be of help to you. Perhaps you've lived with gaslighting or other emotional abuse in the past. The steps to freedom will help you gain confidence and establish healthier relationships.

As you took this quiz, did you feel validated in seeing your lived experience described? Perhaps you felt a sinking sense of anxiety, revulsion, or horror. Maybe you feel a dawning hope, knowing that in recognizing the problem, change can begin. Whatever came up for you, just notice that. Your feelings, no matter what they are, are valid. Your emotions and perceptions matter, and you can trust them.

exerpt from 'Gaslighting: A Step-by-Step Recovery Guide' by Deborah Vinall, PsyD
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