

RECOGNISE THEM. NAME THEM. TAKE YOUR POWER BACK.

TYPICAL GASLIGHTING PHRASES

01	02	03	04
That is not what happened.	I never said that.	You are being paranoid.	It is not that big of a deal.
”	”	”	”
05	06	07	08
You are imagining things.	It's just a joke...	Stop being so sensitive.	You are clearly overreacting.
”	”	”	”
09	10	11	12
You need to get your facts straight.	I did not do that.	You are making things up.	Stop overthinking everything.
”	”	”	”