

Gaslighting Recovery Checklist

RECLAIM YOUR REALITY AND TRUST YOUR TRUTH

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Section 1: Signs You've Been Gaslighted

CHECK ALL THAT APPLY TO YOUR EXPERIENCE

- ☐ I constantly second-guess my own memories
- ☐ I apologize frequently, even when I've done nothing wrong
- ☐ I feel confused about what's real and what isn't
- ☐ I make excuses for other people's bad behavior
- ☐ I feel like I'm "going crazy" or losing my mind
- ☐ I have trouble making simple decisions
- ☐ I feel like I can't do anything right
- ☐ I question my own perceptions and feelings
- ☐ I feel like I'm walking on eggshells constantly
- ☐ I've lost confidence in my own judgment
- ☐ I feel isolated from friends and family
- ☐ I blame myself for relationship problems
- ☐ I feel like my emotions are "wrong" or "too much"
- ☐ I have difficulty trusting my own instincts
- ☐ I feel like I need permission to feel upset
- ☐ I constantly seek validation from others

Section 2: Common Gaslighting Phrases You May Have Heard

- ☐ "That never happened"
- ☐ "You're being too sensitive"
- ☐ "You're overreacting"
- ☐ "I never said that"
- ☐ "You're imagining things"
- ☐ "You're being dramatic"
- ☐ "That's not what I meant"
- ☐ "You're remembering it wrong"
- ☐ "You're crazy"
- ☐ "No one will believe you"
- ☐ "You're making a big deal out of nothing"
- ☐ "I was just joking"

Section 3: Rebuilding Your Reality

CHECK OFF EACH STEP AS YOU COMPLETE IT

☐ I keep a daily journal to document events and conversations

☐ I trust my own memories and perceptions

☐ I validate my own feelings without needing others' approval

☐ I practice saying "I trust my experience" when doubted

☐ I surround myself with people who believe and support me

☐ I limit contact with people who gaslight me

☐ I seek therapy or counseling for additional support

☐ I practice mindfulness to stay grounded in reality

☐ I document important conversations via text or email

☐ I trust my gut feelings about people and situations

☐ I stop apologizing for things that aren't my fault

☐ I set boundaries around acceptable communication

☐ I educate myself about gaslighting and manipulation tactics

☐ I practice self-compassion when I doubt myself

☐ I celebrate small wins in trusting myself again

☐ I remind myself that my feelings and experiences are valid

Section 4: Daily Affirmations for Gaslighting Recovery

- "My memories and perceptions are valid"
- "I trust my own experience of reality"
- "My feelings matter and deserve respect"
- "I don't need anyone's permission to feel what I feel"
- "I am not crazy - I am healing"
- "My truth is important and worthy of being heard"

Recovery Milestone Tracker:

Week 1 Goal: I will trust one instinct or feeling each day

Week 2 Goal: I will journal daily without censoring myself

Week 3 Goal: I will share my truth with one trusted person

Week 4 Goal: I will set one boundary without apologizing

Your reality matters. Your truth is valid. You are not crazy - you are healing