

GASLIGHTING WORKSHEET

1. Explain the difference between healthy disagreements and gaslighting.

2. What are some common gaslighting phrases, tactics, or behaviors?

3. How does gaslighting relate to narcissistic-codependent relationships?

4. Why is gaslighting considered a form of emotional abuse?

5. What is the best way to respond to respond to gaslighting?

JOURNAL ENTRY

Give a detailed account of the worst gaslighting situation in your personal history.

How did it make you feel?

How did you respond?

What would you have done differently given what you know now?
