



PEOPLE AGAINST PARENTAL ALIENATION



IDENTIFYING GASLIGHTING.



Recognising gaslighting involves paying attention to specific behaviours and tactics used by the gaslighter. Look for the following key indicators:

- **Confusion and Doubt:** The victim often questions their sanity, feeling unsure about their reactions or memories.
- **Denial of Reality:** The gaslighter may outright deny events or conversations that the victim clearly remembers. For instance, if an abusive parent dismisses a conversation about custody arrangements, it may leave the other parent feeling lost and insecure.
- **Manipulative Language:** Common phrases like “you’re too sensitive” or “that never happened” are routinely employed to invalidate the victim’s feelings.
- **Withholding Information:** The gaslighter may intentionally withhold key information or details, keeping the victim in a state of confusion.
- **Character Attacks:** Instead of addressing concerns, a gaslighter may turn the blame around, portraying their victim as unstable or needy.
- **Isolation:** The gaslighter may attempt to distance the victim from supportive friends and family, making their victim feel alone and more vulnerable to manipulation.

Recognising these signs empowers individuals to distance themselves from toxic relationships.

WWW.PAPAORG.CO.UK