



PEOPLE AGAINST PARENTAL ALIENATION



WHAT IS GASLIGHTING?



Gaslighting is a psychological manipulation technique and form of emotional abuse where the perpetrator seeks to undermine the victim's confidence and trust in their own thoughts and feelings.

The term originates from the 1944 film *Gaslight*, where a husband deliberately manipulates his wife into believing she is losing her mind by subtly changing her environment and invalidating her thoughts.

This insidious tactic often involves the gaslighter denying the victim's experiences, making them question their sanity, and creating a sense of confusion and self-doubt.

Over time, the victim may start to doubt their own reality, leading to feelings of helplessness and isolation.

The gaslighter may use tactics like trivialising the victim's feelings, shifting blame onto them, or even outright lying to distort the truth.

This manipulation can have serious consequences on the victim's mental health, causing anxiety, depression, and a loss of self-esteem.

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