

- **Denial:** “That didn’t happen.” (rejects reality)
- **Selective Amnesia:** “I don’t remember saying that.” (claims forgetfulness)
- **Trivialization:** “It’s not a big deal.” (minimizes impact)
- **Projection:** “You’re the one doing it.” (shifts blame)
- **Love Bombing:** “I shower you with love — how could I hurt you” (uses affection to avoid accountability)
- **Guilt-tripping:** “After everything I’ve done for you, you shouldn’t complain.” (creates emotional debt)
- **Distorting Reality:** “You’re remembering it wrong — it wasn’t like that.” (the details are twisted)
- **Twisting Truth:** “You’re interpreting my words wrong.” (manipulates meaning to mislead)
- **Gaslighting by Proxy:** "Even your friends say I'm right — you're remembering it wrong." (Finds Allies)
- **Scapegoating:** “If you hadn’t done X, none of the stuffs I did would happen.” (Blames you for their fault)
- **Exploiting Vulnerabilities:** “You’re too sensitive — that’s why this upsets you.” (Exploiting Vulnerabilities/Insecurities)
- **Creating Chaos:** "Why are you always overreacting? Maybe you should calm down before you accuse me of anything. Honestly, I don't even know why you're upset." (deliberately stirs confusion, conflict, or disorder)