GASLIGHTING AMONG YOUNG

Merriam-Webster defines gaslighting as “psychological manipulation of a person usually over an extended period of time that causes the victim to question the validity of their own thoughts, perception of reality, or memories and typically leads to confusion, loss of confidence and self-esteem, uncertainty of one's emotional or mental stability, and a dependency on the perpetrator.” Also it have been chosed the word of 2022.

It primarily occurs in romantic relationships, but it's also common on controlling friendships or among family members as well. People who gaslight others may have mental health disorders. They use this type of emotional abuse to exert power over others to manipulate friends, family members, or even co-workers.

Gaslighting can involve a number of tactics such as lying, distraction, belittling, denial, and blame. When faced with someone using gaslighting as a manipulation tool, be very careful with what they do, not the words they choose. (Johnson et al., 2021)

Here are some examples from real life:

From <https://medium.com/the-virago/four-real-life-examples-of-gaslighting-provided-by-anonymous-victims-e9e7adbb1221> Here are some words from the victim's mouth:

1. **“He claimed that he contributed financially when I paid for everything.”**

Years ago, I was in a relationship with a man who made much more money than I did. Although that was the case, I found myself paying for everything. At first, I honestly didn’t notice as I was so caught up in the honeymoon stage with him. However, as time went on, I realized that he was extremely stingy and didn’t contribute to anything. As frustration built, I finally confronted him, and he denied that was the case and made it out that I was ungrateful and lying. My frustration grew to the point where I began writing down every transaction. Then, when he tried to say again that I was lying and crazy, I threw the piece of paper at him that had every single thing that I had ever paid for him on it. A sheepish look came on his face, and he tried to change the subject.

## “I knew she was cheating, but she tried to make it seem like I was the unfaithful one.”

For the last six months of our marriage, I suspected my wife was seeing other men. She was incredibly distant and continually said that I was jealous and insane if I asked her who she had talked to on the phone or who she had gotten dinner with. Eventually, I stopped asking because I didn’t want to know the answer. The invalidation of my experiences and feelings caused me to feel like maybe I was the crazy one. It wasn’t until a mutual friend showed me photos of my wife on a date with another man, kissing him, that I realized I hadn’t been crazy at all. When I confronted her, she immediately said that I had been listening to our “crazy” mutual friend and then shifted the blame and said I wasn’t making her happy, so, “What else was she supposed to do?”

## “He made little digs at my appearance all the time, and he shattered my once high self-confidence.”

When we first started dating, my boyfriend made me feel like I was a princess and complimented every aspect of my looks, down to my fingers and toes. As time went on, the flattery faded, and it was replaced with small criticisms. My clothes weren’t the right style; I should wax every part of my body, I should lose a few pounds… the list was endless. It wasn’t until a mutual friend asked what he liked about me and he was completely silent that I realized it had all been a facade. He hadn’t like what I looked like or who I was; he liked what I had to offer. I walked away from the relationship, but the years of gaslighting me into believing that I was unattractive left my confidence at an all-time low.

## “I was informed that I was completely overreacting about my friend’s death.”

Throughout my teenage and young adult years, I had a close childhood friend that had struggled with addiction for most of his life. One day I received a call that my friend had taken his own life. Although we hadn’t been as close as when we were younger, he was someone that I truly loved, and it was heartbreaking. When I told my boyfriend, who was psychologically abusive, he was completely void of any emotion. I remember him shrugging and saying, “How is that a surprise? He was a mess.” When I broke down crying a few days later and said I was still mourning my friend, he snapped and said that I was overreacting and needed to get over it.

FROM TWITTER:

Most of the gaslighting tagged posts are about gaslighting made by Amber Heard to Johnny Depp.

I found a comment which includes a lawyer Dr. Charlotte Proudman’s views gaslighting on judgements.

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Açıklama otomatik olarak oluşturuldu

This may considered as gaslighting, it looks like in order to play with people's perspective, Biden approached the event differently and wanted to create an illusion without giving the necessary information. While this doesn't exactly match the definition of gaslighting, I agree with the person who tweeted it. In my opinion, such a perception operation can be considered an example of gaslighting.

metin içeren bir resim

Açıklama otomatik olarak oluşturuldu

In this case victim seems Britney Spears and the person that gaslights her is her father. A Twitter user gives reaction to this situation

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Açıklama otomatik olarak oluşturuldu

REFERENCES:

Johnson, V. E., Nadal, K. L., Sissoko, D. R. G., & King, R. (2021). “It’s Not in Your Head”: Gaslighting, ‘Splaining, Victim Blaming, and Other Harmful Reactions to Microaggressions. *Perspectives on Psychological Science*, *16*(5), 1024–1036. https://doi.org/10.1177/17456916211011963