

# Me, Myself, and I Gaslighting

Me, Myself, and I: A Narcissist's Mindset

A Self-Help Handbook for Victims-Survivors of a Narcissist

## Gaslighting

Gaslighting is a form of emotional abuse. This behavior displayed by Narcissists can cause their partner to question their memories, thoughts, and perceptions of reality.

Examples include,

- Rarely admits wrong
- Blames you for their behavior
- Claims you are too sensitive
- Minimize your feelings
- Blatant lies
- Minimizes when forced to admit their inappropriate behavior
- Manipulative
- Always have excuses
- Feels like they are "twisting" the truth
- Claim you are paranoid
- Limit your exposure to friends who might confirm your point of view
- Question your love and investment in the relationship when you challenge any of their behavior
- Take the victim role
- Use sarcasm at your expense
- Silent treatment

- List behaviors you have observed

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