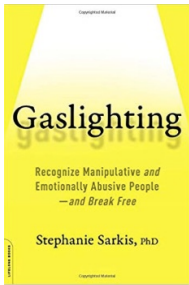


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## Signs of a Gaslighter

Keep in mind there are two main goals of a gaslighter: to keep you off-kilter, and make you question your reality. They want you to become dependent on them.

1. They constantly and blatantly lie.
2. They blame you for being angry.
3. They use your vulnerabilities as ammunition later.
4. They pit you against family members and friends.
5. They are chronic cheaters.
6. They hid your belongings and blame you for being irresponsible.
7. They neglect or abuse pets.
8. They lie about their background or accomplishments.
9. They wear you down over time.
10. They throw in positive reinforcement to confuse you.
11. They project, or accuse you of things they are saying or doing.
12. They tell you other people think you are crazy.

From [\*Gaslighting: Recognize Manipulative and Emotionally Abusive People and Break Free\*](#)