

# Gaslighting Worksheets

1. The following is a list of common signs you may have experienced gaslighting. Check off the ones you relate to:

- "I constantly doubt my own judgment and perception of reality."
- "I find myself apologizing for things I shouldn't apologize for."
- "I second-guess my own thoughts and feelings, always seeking validation from others."
- "I feel like I'm losing my sense of self and constantly questioning who I am."
- "I often feel confused and disoriented, not knowing what is real anymore."
- "My self-esteem and self-confidence have plummeted since the relationship started."
- "I frequently question my own memories and experiences because of what I'm told."

2. How have you experienced gaslighting in your life, and how has it affected you?

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3. Write about your values and beliefs that may have been compromised or questioned through gaslighting. How can you reaffirm and reconnect with them?

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4. Describe moments when you felt empowered and trusted your intuition despite gaslighting attempts. How did it feel, and what can you learn from those experiences?

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5. Reflect on your personal boundaries and assertiveness. How can you strengthen them to protect yourself from future gaslighting situations?

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