

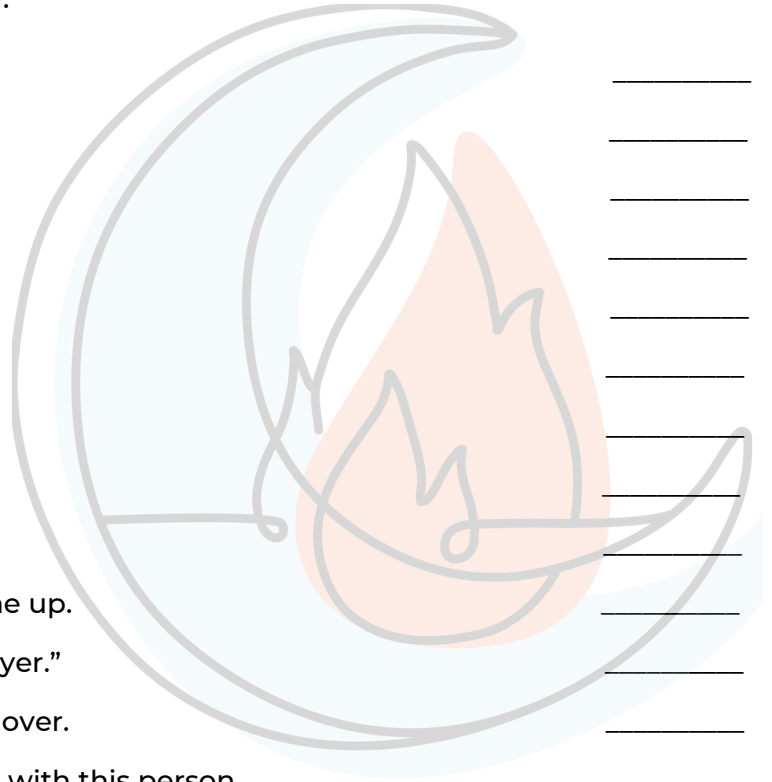
EXPERIENCING GASLIGHTING SELF-ASSESSMENT TOOL

Information is power, and learning to recognize/name gaslighting when it's happening is the first, BRAVE step in shifting the power to one of knowing, loving, and trusting yourself.

Use the statements below to help you assess how much you are experiencing the effects of gaslighting.

For each statement, answer "Yes" or "No". No, would be equal to, "I hardly relate to this at all"; Yes would be equal to, "This is totally me - every day, all day."

- I often feel confused. _____
- I am plagued by self-doubt/questioning. _____
- I have a hard time making decisions. _____
- I'm always explaining myself. _____
- I find myself isolating. _____
- I feel numb/disconnected from my feelings. _____
- I often feel like I'm going "crazy". _____
- It often seems like I'm in a power struggle. _____
- I often say, "This just doesn't make sense." _____
- Words and actions (of the other person) don't line up. _____
- Conversations feel more like "who's the best lawyer." _____
- Conversations cover the same ground over and over. _____
- I feel more anxious when I'm around/interacting with this person. _____
- I have a hard time trusting my own memory/perceptions. _____



THESE NEXT STATEMENTS ARE ALSO A SIGN OF SELF-GASLIGHTING:

- I behave outside of my value system to please my gaslighter. _____
- I often worry I'm too _____ (sensitive, angry, etc.). _____
- I often say, "I should/shouldn't (do, feel, want) _____". _____
- I "give in"/make concessions to avoid the "consequences". _____
- I minimize/downplay/hide my pain or disappointment. _____

The more you answered yes, the more you are experiencing gaslighting.

Whatever number of times you answered yes, the best way to measure your results is to take a look at how you answered, and ask yourself: is THIS how I want my life to be? Are these the results I believe reflect the life I can live; that I WANT to live? How many answers would I want to change, if I knew I could? *Those are the most important metrics you could ever go by.*

Take heart, dear one. You took your first BRAVE step. I can help you know what the next steps are, and support you as you take them.