

Gaslighting Signal Awareness



Red/ **STOP**

avoidance; marginalization; isolation; semi-estrangement; estrangement

Gaslight/ **CAUTION** [Gaslight is always lit]

boundaries & barricades.; faux/artificial interest... eg." how are you doing?"; indifference; rudeness; disingenuous sincerity & concern ; silent guilt trips: blaming/shaming/shading; ill-founded accusations of emotional abuse; sporadic outbursts; periodic ghosting; lies; denials; all providing the risk of reciprocal gaslighting in return

Green/ **GO**

selective, controlled, highly managed interactions / visits & contacts of necessity, of convenience, or of conscience

Metaphor for Gaslighting:

Gaslight as part of a traffic signal's functioning: not as a distinct, temporary state, but as a subtle, **ever-present force** in the context of communication and behavior. (See illustration below.) A reminder of a dynamic baseline of ever-present confusion, accompanied with levels of self-doubt, which depend on context & circumstance. **It is always operating in the background**, usually noticed only when one of the **STOP/GO** lights brightens enough so that it also attracts attention to the *Gaslight*, and when **CAUTION** is definitely needed.

Gaslighting Quiz: <https://health.clevelandclinic.org/gaslighting-quiz>

