



The "Test"!

Different Kinds of Gaslighting

Different Ways We Gaslight

Self

Am I?

1	6	1	6
2	7	2	7
3	8	3	8
4	9	4	9
5	10	5	10
Total		Total	

Manipulation	

Reality	

Blame Shifting	

Control/Isolation	

Impact on You	

Total

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