

# Gaslighting

by Stephanie Moulton Sarkis

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Start a private reality log**

For seven days, record dates, exact phrases, what happened before and after, and how your body felt. Keep it somewhere the other person cannot access.

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<sup>02</sup> **Use one sentence, then stop litigating**

Prepare a line such as: "I remember this differently, and I am not going to debate my memory." Repeat once, then exit the loop.

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<sup>03</sup> **Ask for a direct source**

When someone says "everyone thinks" or "people are saying," ask who specifically and whether that person will speak directly. Refuse anonymous pressure.

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<sup>04</sup> **Reopen one trusted mirror**

Tell one grounded person the pattern, not just the latest incident. Ask them to help you compare behavior over time.

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<sup>05</sup> **Separate feeling from accusation**

Write: "I felt X after Y happened." This keeps your experience anchored in observable behavior instead of defending whether you are allowed to feel.

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<sup>06</sup> **Plan the safest exit from circular talks**

Choose a phrase, a time limit, and a place to go when a conversation becomes denial, mockery, or reversal. Safety matters more than winning the exchange.