

That's Not Funny, That's Sick: A Comprehensive Guide to Gaslighting



That's Not Funny, That's Sick: The National Lampoon and the Comedy Insurgents Who Captured the Mainstream by Ellin Stein

★★★★★ 4.3 out of 5



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Gaslighting is a form of psychological abuse in which the abuser seeks to undermine the victim's sense of reality. The abuser may do this by denying the victim's experiences, invalidating the victim's feelings, or making the victim doubt their own sanity.

Gaslighting can have a devastating impact on the victim's mental health. It can lead to feelings of anxiety, depression, and worthlessness. It can also make it difficult for the victim to trust others or to form healthy relationships.

Signs of Gaslighting

There are many different signs of gaslighting, but some of the most common include:

- Denying the victim's experiences
- Invalidating the victim's feelings
- Making the victim doubt their own sanity
- Isolating the victim from their friends and family
- Controlling the victim's finances

- Threatening the victim

Effects of Gaslighting

Gaslighting can have a devastating impact on the victim's mental health. It can lead to feelings of:

- Anxiety
- Depression
- Worthlessness
- Low self-esteem
- Isolation
- Difficulty forming healthy relationships

How to Cope with Gaslighting

If you are being gaslighted, it is important to take steps to protect yourself. Here are some tips:

- Trust your gut. If you feel like something is wrong, it probably is.
- Document the abuse. Keep a journal or record conversations with the abuser.
- Talk to someone you trust. This could be a friend, family member, therapist, or anyone else who will believe you.
- Get help. There are many resources available to help victims of gaslighting.

Gaslighting is a serious form of psychological abuse that can have a devastating impact on the victim's mental health. If you are being gaslighted, it is important to take steps to protect yourself. Remember, you are not alone.



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