

GASLIGHTING

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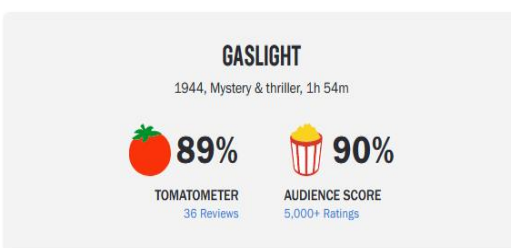
gaslighting 1 of 2 noun

gas·light·ing (ˈgɑː·lɪ·tɪŋ) - ɪr-

- 1 : psychological manipulation of a person usually over an extended period of time that causes the victim to question the validity of their own thoughts, perception of reality, or memories and typically leads to confusion, loss of confidence and self-esteem, uncertainty of one's emotional or mental stability, and a dependency on the perpetrator
- 2 : the act or practice of grossly misleading someone especially for one's own advantage

GASLIGHTING ACTUALLY COMES FROM A 1938 PLAY (WITH SEVERAL ADAPPTIONS)

- psychological thriller that follows a young woman
- whose husband *slowly manipulates* her
- into believing that she is descending into insanity
- **to distract** her from his criminal activities



THE TARGETED INDIVIDUAL WILL EXPERIENCE (THESE COMMON THEMES)

- grappling with the memory
[this comes from intelligence files]
 - of usually something traumatic
- perpetrator reacts violently
[with covert directed energy weapons]
 - **to make the target "high-strung"**
- target is distracted from something stupid
[to make them ruin their own reputation]
 - this movie has **gaslights dimming**
 - when husband isn't home
 - he is next door trolling her



YOU ARE BEING **TARGETED TO BE SET UP**

THE TAKEAWAY IS TO STOP FOCUSING ON WHAT IS NOT IMPORTANT
FOCUS ON WHAT YOU HAVE CONTROL OVER WHILE NOT LOOKING OUT OF PLACE