

This worksheet is for education and self-reflection. It is not a substitute for therapy or crisis support.

Coping With Gaslighting: Practical Strategies Worksheet

Gaslighting can create confusion, self-doubt, and emotional exhaustion. Coping is not about winning the argument, it is about protecting your clarity, boundaries, and well-being.

Coping Strategies Grid

Strategy	What It Looks Like	Helpful Self-Reminder
<i>Set Clear Boundaries</i>	State limits calmly and clearly. End conversations that become manipulative.	I do not have to debate my reality.
<i>Bring It Back to the Main Topic</i>	Redirect when they deflect. Repeat your original concern without adding new arguments.	Consistency is stronger than over-explaining.
<i>Do Not Take the Bait</i>	Refuse to engage in rage baiting, exaggerations, or personal attacks. Stay neutral.	I don't have to react to every accusation.
<i>Document When Appropriate</i>	Take notes, send follow-up summaries, track patterns (when safe and legal).	Documentation protects clarity, not ego.
<i>Do Not Internalize Their Reaction</i>	Recognize that defensiveness or anger reflects their coping, not your worth.	Their reaction is information, not identity.
<i>Adjust Your Expectations</i>	Accept that some people resist growth. Stop expecting insight from denial.	Acceptance reduces my internal struggle.
<i>Use the Grey Rock Approach</i>	Keep responses short, factual, and emotionally neutral when needed.	Limited access protects my energy.
<i>Strengthen Reality Anchors</i>	Journal, review facts, or talk with a trusted person to ground yourself.	Writing clarifies patterns.
<i>Create an Exit Plan (If Needed)</i>	Limit contact, change communication methods, or seek outside support.	My stability matters more than winning.

