

N.Y.B.L. Podcast Ep 169 (Gaslighting Phases and 10 Gaslighting Techniques Narcissists Use)

[00:00:00] **Rebecca Zung:** Welcome to another episode of Negotiate Your Best Life. I'm Rebecca Zung, and in these episodes of Negotiate Your Best Life, I talk all about how to slay narcissist, how to shift the dynamic with narcissist and how to. Get free and break free from narcissistic relationships. And I actually have a brand new book coming out called Slay the Bully, how to Negotiate With a Narcissist and Win.

[00:00:32] And you can actually pre-order that book right now@slaythebully.com. And if you go ahead and do. You can actually get all kinds of amazing bonuses, including early access to the manuscript, and you can get a brand new course and you can get a workbook and all kinds of really cool things. So check all of that out@slaythebully.com.[00:01:00]

[00:01:36] Okay, so now we are going to be talking about 21 gaslighting phrases and 10 gaslighting. Techniques. This is a favorite of all kinds of narcissists. Whether you are dealing with a covert narcissist, a grandiose narcissist, or a malignant narcissist, all [00:02:00] narcissists use gaslighting techniques. What is gaslighting?

[00:02:04] First of all, let's define gas lighting before we even get into this. Gas lighting is when? Are trying to make you think that you're crazy. I think that it's easiest to actually talk about where the term gaslight even came from, because I think that makes it kind of easiest to figure out. And it actually came from an old play, which it was also a movie where the husband was trying to make the wife think that she was crazy.

[00:02:36] And what he would do is he would. Blow out these gas lights, and the wife would say, wasn't that just lit? And he would say, no, no, it wasn't. And she would say, I'm pretty sure that was just lit. And he would say, mm-hmm. Nope. No, it wasn't. And that's [00:03:00] how she, he would actually make her question her own mind.

[00:03:04] And that's what gaslighting is. That's where the term came from. It's to make you question your own mind. So it's basically things that you think you're seeing or things that you think you're hearing or whatever you are, they

make you question your own sense of reality. So it, it happens in many different forms and many different formats, but that's where it comes up.

[00:03:33] So number one, for example, is I never said that. I never said that. So literally they will say things, you know, like I. Um, you know, we'll pay you back on the rent that I borrowed from you on those money. You know, I, I'll borrow money from [00:04:00] you and then, you know, I'll pay you back and. Then you go to ask them for the money back and they'll say, I never said that.

[00:04:10] I never said that I was gonna pay you back, or I never said that I was gonna pay you back in the this way or on those terms, or, you know, whatever. You know, I never said that. And, and you, you're over there going, you definitely did. You definitely said that you were gonna pay me back. You definitely said you were gonna pay me back this weekend, or you definitely said you were gonna come this weekend, you know, and, and you know that a c certain conversation took place and they'll say, I never said.

[00:04:45] And you, you know that it happened in a certain way and they'll completely just deny it and they'll even accuse you of being the crazy one that [00:05:00] you know, that, that never took place in that way. And, and when these ki kinds of things happen a lot over time, then you. Start to question your own mind, right?

[00:05:15] And, and it's used to control you. It's used to destabilize you. And when you go to negotiate, especially after you've been with this person for a really long time, and now you're trying to go through the dissolution of a marriage or a dissolution of a partnership, or any kind of a negotiation, you know, maybe it's your boss or you know, any.

[00:05:40] Business situation, it's difficult because you're in this mental fog or cognitive dissonance and you know, it's even, you know, a, a physical thing, you know, can cause autoimmune disorders and all kinds of issues and, and you're really at a disadvantage sometimes [00:06:00] because of that. So that's number one. I never said.

[00:06:04] Number two is you are too sensitive. You are too sensitive. So, you know, they might say something that's just really, really offensive and they know that it's offensive, you know? And. You know, they'll just say you're too sensitive. So, you know, maybe they'll say something about your weight or maybe they'll say something about your, your brain or how you are with numbers or your driving or anything.

[00:06:39] And you know, when you take offense to it, they'll say, you're too sensitive. And by the way, it's not. The same on the other way, on the other side, right? Because you know how narcissists are. They're so easily slighted. At the, the wind blowing. I mean, you [00:07:00] can have say something and, and they'll take offense at your tone, at your eyes, at nothing.

[00:07:10] I mean, they'll say, I can't speak to you because you have raised your voice. You interrupted me. They'll say, you interrupted me when you didn't even. You know, so, but they'll accuse you of being too sensitive even when you weren't sensitive, right? So that's number two. Number three is they'll say, it sounds like you don't really know what you want, uh, or what you need right now.

[00:07:41] And, you know, they'll, they, they accuse you of these things because. You do know what you want or you do know what you need, but they do these kinds of things because, or they say [00:08:00] these kinds of things because they don't want to get into a conversation. Where you are asking for something or you are needing something, they don't wanna have to address your wants.

[00:08:15] They don't wanna have to address your needs, so they actually turn things around to make it so that they. Make it seem like you're crazy or you are delusional. It's a way of shifting the conversation away from having to address anything about you, because they most certainly do not want to have any kind of deep conversations or conversations where they're going to have to be on the hook for, you know, having to.

[00:08:53] Be there and be available for you. Right? So that's why they'll say things like, [00:09:00] you don't really know what you want. You don't really know what you need it. They know that you know exactly what you want or what you need. They just don't wanna have to provide it to you. Okay? So that's number. Three. Number four is they'll make a statement and then deny having made that statement.

[00:09:26] So, and, and they, they'll do that. In the middle of the same conversation, you know, they'll say something and have, be having a fight with you, and in the middle of that same conversation, deny that they said something. So it, it's extremely frustrating because you, you can say, you literally just said, Something and [00:10:00] then they'll say, I didn't just say that.

[00:10:03] Or they'll accuse you of saying something that you didn't say. Well, you know, you just called me a loser. I never said that. You know, and you can

say, uh, I never said that, and Oh, I just literally heard you say that. I never said those words, you know, but you get into these ridiculous conversations with them.

[00:10:26] But they say that, right? You know, and they'll, they'll, they'll literally get into these conversations with you, um, and or they'll deny proof of something. Even if you have proof of its existence, you know, like you can say, You said this and you can show them a text message that they said something and they'll literally say, I didn't say that.

[00:10:58] I mean, I've had [00:11:00] this conversation with courts. You know where I've had a narcissistic attorney on the other side, and I've had the transcript where they literally said something in court and they've said they didn't say it. It's absolutely insanity, but. They will do that. Okay, so that's number four.

[00:11:27] Number five is they'll say, don't be so dramatic. It doesn't mean anything. Don't be so dramatic. It doesn't mean anything. So, you know, this is where they might, you might see a text message that, It looks definitely really suspicious, like miss you or there's, you know, hearts and, um, [00:12:00] you know, something that definitely looks.

[00:12:04] Inappropriate or something like that. Or you might see photographs or something that looks inappropriate, or behavior that looks inappropriate, where they're, you know, having an a, a relationship with somebody else that they shouldn't be, or. You know, anything like that, don't be so dramatic. It doesn't mean anything.

[00:12:29] I don't know what you're talking about. You don't know what you're talking about. You are making too much of this. You know, things like that, you know? So that's number five. Number six is you're just imagining things. Just go to sleep. You know, we'll talk about it in the morning. You know, like they, they don't wanna have a conversation right now, so they push it [00:13:00] off, you know, because they, they think that if they push it off, you know, like they, you'll forget about it and that.

[00:13:15] It, it's a conversation that won't have to happen. So, you know, just go to bed. You'll have a clear head later and you know, just pat you on the head and you're, you're over. You're being over dramatic. Just go to sleep, go to bed. We'll talk about it later. You know, that kind of thing. So that's number six.

[00:13:42] You know, go take a breath, go meditate, go, um, you know, take a few days, you know, that sort of thing. Like you're, you're just making too much of it. Go take [00:14:00] some time. You know, that sort of thing because you are just, Making so much of this that you probably just need to take some time, you know, that, that, that's the, the next one.

[00:14:15] It's just like you're, you're out of your mind, you know? So you just need to take some time, go to sleep, go take some time, go take a few days, just, you know, get out of my face with this. So that's number six. Uh, and number seven. Is, it's just a joke, you know? Or they'll just add ha to the end of something, you know?

[00:14:44] They'll just say something that's just completely mean, absolutely awful. And then they'll just be like, oh ha. You know? I know somebody who was like, that was like their [00:15:00] signature. You know? Say there was something that was absolutely. Awful and then just add ha to the end of it, which is so horrible. Like they think that was like their get outta jail free card.

[00:15:15] Right. Just adding ha to the end of things. It's not okay. It's just a joke. Just ha.[00:16:00]

[00:16:24] Number eight is you are the problem, not me. Everything is your problem, not me. So, you know, they don't ever wanna think that they're the ones that have the problem. So number seven is You're the problem here, not me. Number eight is, um, sorry, that was number eight. Number eight is, you're the problem here, not me.

[00:16:53] Number nine is I don't like, When you brought this up [00:17:00] or how you brought this up, that is such a classic one. You know, it's that project and deflect, you know, kind of, you know, diversion thing. You know, it's just never a good time. Why did you bring that up now? Why you bring that up now? And you know, or, I don't like how you brought that up, you.

[00:17:25] You, you, your tone was bad. You interrupted me. You know, it's a, a bad time, you know, or whatever. I mean, it's just, it's a diversion thing to put it back on the other person, you know, because then we don't have to actually talk about it. So that's the whole thing. You know, you, you bring up these suspicious text messages or whatever.

[00:17:53] It's like, why are you bringing that up now? Or what? I, oh, now I don't like the way your tone, your tone is. Oh. Uh, now you're [00:18:00] interrupting me. Oh, now it's, you're, it, uh, it's too loud. Oh, now the, it, it's too

hot in the room or whatever it is. You know, it's just, it's all about you. That's number nine. Number 10 is, okay, let's just forget about all of this and let's just think about our future.

[00:18:24] Let's just start over. We've got so many great things ahead of us. You know, we can just think about how many wonderful things we have. You. I, I don't wanna think about why are we being negative here? Why being negative? Let's just think about the positive future. It doesn't, doesn't help us to dwell about the past.

[00:18:56] Okay? Let's just forget about all of this [00:19:00] and start over. Okay? So that's number. Ted number 11 is, I'm not angry. You know, they will literally rip and tear into you and I mean, be beyond almost like. Uh, uh, you know, you're afraid for your life, and, and then you ask them, why are you so angry? And then they'll, you'll, they'll say, I'm not angry.

[00:19:39] And, and you, you, you're literally like shaking and they'll say, I'm, I'm not angry. I mean, it's almost scary sometimes, you know? So that's number 11. Number 12 is, [00:20:00] this is why no one likes. This is one of those, you know, to make you think it's all about you. You are the one that has the problem. No one else to isolate you, to make you think you are the one who has the problem, not them.

[00:20:20] So this is why no one likes you. And, and you know, this is one of the worst ones because normally you also have your own core wounds, and so it really speaks to that and it makes it so much worse. So this is why no one likes you. So that's number 12. Number 13 is can't you take a joke? Can't you take a joke?

[00:20:50] Come on. You know, kind of comes back to that HA thing. So that's number 13. And number [00:21:00] 14 is, let's forget about all of this. That's that future faking thing. And number, you know, they, they love to future fake. And number 15 is, you're reading way too much into this. You're reading way too much into this, you know, is again your fault number.

[00:21:25] 16 is stop being so insecure. Stop being so insecure. You're the one being so insecure. Number 17 is, I'm sorry you feel that way. You know, I could do a whole video. Faux apologies, which I have done, which you can definitely check out my other videos on narcissists. So faux apologies. Do narcissists really apologize?[00:22:00]

[00:22:00] Mm, I wonder. So you can check that out. Those other videos on that and number 18 is, well, excuse me, for trying to be wonderful to you. Hmm. There's a guilt apology. That's what I call those guilt apologies, but. This is all part of that manipulation ship that you're in. Remember, everything a narcissist does is a manipulation.

[00:22:34] Everything they do, even when they love bomb you, it's a manipulation. Okay? And number 19, I guess I'm just a horrible person. I guess I'm just horrible. This is when they try to flip things around on themselves. You know, when you're asking for something, when you're trying to get them [00:23:00] to feel anything about you, it's, I guess I'm just horrible.

[00:23:05] You know, they, they turn it on themselves to be a victim. Uh, and then number 20. No one else loves you like I do. Again, trying to isolate you, trying to make ev you think that no one else loves you, only they do, right? Because they're afraid to be abandoned. Remember? Narcissists are way more afraid of you than you are of them.

[00:23:40] Their biggest fear is that you're gonna abandon them or expose them. All right, which goes back to number 21. Number 21. Is everyone else thinks and no one else thinks, right? So they have this [00:24:00] whole thing, and I have a whole video on narcissist favorite catch phrases, which you can definitely check out, which they say these things all the time.

[00:24:11] Everyone else thinks this and no one else thinks that. Things that they say to isolate you, to make you think that you're the one who's crazy, right? Not okay.

[00:24:29] These things that they're doing, cuz they're trying to make you think that you're the one that's crazy. You're not. It's not you, it's them. It's not you, it's them. Which is why I wanna get, go into the 10 gaslighting techniques that narcissists use right now. Alright? Number one is invalidating your feelings.

[00:24:53] Invalidating your feelings, so that you think that. You know, not so sensitive. Don't be [00:25:00] so sensitive. Don't be so sensitive, right? Invalidating your feelings. Number two, making you think that you had conversations that didn't take place. Oh, you know, we talked about that and you agree. Don't you remember you?

[00:25:20] You know, you didn't have that conversation. If you knew you didn't have that conversation, stand up. Say, we didn't have that conversation. You know, it's okay. You can say that. Number three, they take bits and pieces of

conversations and then redesign them into new truths. So they fashion like parts of conversation and then say, oh, you.

[00:25:46] We, we talked about parts of that, and then they kind of make that into new truths, right? And that's not okay either. Number four is they isolate you by using those [00:26:00] absolutes. Remember everyone else, and no one else. Not okay.

[00:26:12] Number five, isolating you by making you think that you are not lovable. I'm the only one who truly loves you. Your family doesn't really love you. Your friends don't really right. Therefore, no one else would ever love you either. That's not true, and that's why you really do need a. System. That's why you really do, and that's why you really do need phrases for disarming narcissist, which I have for you.

[00:26:44] We, you can get it disarm the narc.com. Make sure you go to disarm the narc.com, grab my free phrases for disarming narcissist, and you need a support system by the way. So I have that too, which is [00:27:00] Narcissist Negotiators with Rebecca Zung. That's my free private Facebook group. Make sure you join that too.

[00:27:11] Better help, which you can go to Better help.com/rebecca Zung and get the help and support that you need. We receive commissions when you sign up with them. It does not cost you any extra. We just want you to have access to the help and support that you need. Okay, so. Six is making conversations and then, you know, and then making themselves out to be the victim of those conversations.

[00:27:41] Like I guess I'm just horrible, you know, reversing that conversation, right? When you're trying to get them to see your side or have any feelings about you at all. Uh, you know, I'm just the terrible one, you know, reversing. That's not [00:28:00] okay either, right? Number seven is interrupting conversations so that you can never get to the point of what it is that you're trying to say, right?

[00:28:12] Never the right time. It's too loud, et cetera. So that's number seven. And then number eight is never taking responsibility by, you know, wanting to take to, to just move on, you know, future fake. You move right to the new thing and, and just forgetting about the past that. Also invalidates your feelings and doesn't give you a chance to heal and feel acknowledged and feel valued, and show them that, and that you matter.

[00:28:48] Right? That's also a form of gaslighting and that is not okay. All right. So that's number eight. Number nine [00:29:00] is making you think you're crazy by saying things like, I'm not angry. When they're clearly angry. And, uh, you know, you are imagining things, you're reading too much into things that's. You know, also a form of, of making you think you're crazy and it causes this cognitive dissonance and this brain fog.

[00:29:24] Okay, so that's number nine. And number 10 is taking a lot of the focus off of what's going on with what they did by making a lot of noise around. Your behavior blowing things up around your behavior and accusing you of all kinds of things when you didn't do anything. But they make a lot of noise around what you are doing because they wanna take the.

[00:29:57] Focus off of themselves. [00:30:00] So that's number 10. All right, so those are 10 techniques, gaslighting techniques that narcissists use to also make you think that you're crazy and you know, and 21 gaslighting phrases that narcissists use as well.[00:31:00]

[00:31:05] And I hope. Helps you so that you can start to take your own power back and start to feel your own sense of control. Cuz remember, step one, don't run. Step two, make a U-turn. Step three, break free babies. Steps, baby steps, baby steps. But remember you can start to shift that dynamic. You can start to turn it all around.

[00:31:31] You know, you start to 180 degrees, turn that ship around and then you can start to break free and take your power back.

[00:31:47] Thank you all for joining me on this episode of Negotiate Your Best Life, and remember that today is a great day for negotiating your best life, and I will see you all again next [00:32:00] Monday right here for another episode of Negotiate Your Best Life.