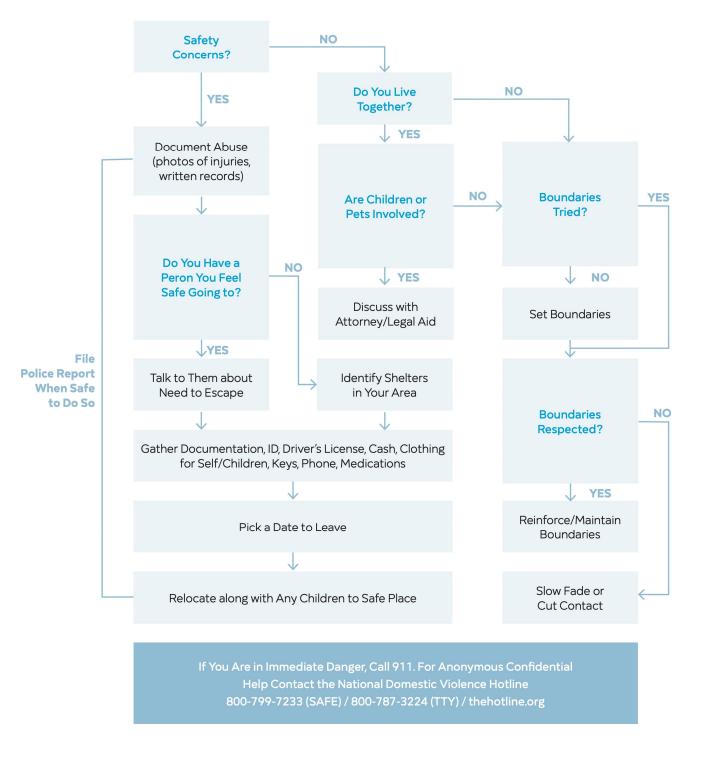
EXERCISE 1: MAKING A PLAN

In this step of breaking free from gaslighting, we have explored various relationship scenarios and potential ways to reduce or end contact. The following decision tree can help you assess which response may be right for your unique scenario.



exerpt from 'Gaslighting: A Step-by-Step Recovery Guide' by Deborah Vinall, PsyD C. 2021 Rockridge Press for personal use only