



## Reasons Why People *Gaslight* IN RELATIONSHIPS



### Low self-worth:

They think so little of themselves, and they can only feel better when they have that feeling of power over another person.



### Familial reasons:

If they were raised by parents who were gaslighters, they might have learned these behaviors as a survival mechanism.



### Control:

People resort to gaslighting to gain control over their partners and relationships.



### Manipulation:

Some people will gaslight to manipulate their partner and use that moment of doubt to have things their way.



### Mental disorders:

Individuals with certain mental health problems may resort to gaslighting, which could be one of the traits of their mental disorder.

