

Gaslighting Questionnaire

Directions

Please indicate how acceptable you find each of the scenarios described below using the following rating scale.

- 6 = Very acceptable
- 5 = Moderately acceptable
- 4 = Slightly acceptable
- 3 = Slightly unacceptable
- 2 = Moderately unacceptable
- 1 = Very unacceptable

1. Person A accuses Person B of lying, even when Person A knows that they are the one who is lying.
2. Person A tells Person B that they are wrong, even when Person A knows that what Person B is saying is true.
3. Person A accuses Person B of being paranoid, even if Person A knows that Person B's suspicions are well-founded.
4. Person A tries to make Person B question their sanity.
5. Person A says anything to Person B if it means that they will get their way.
6. Person A lashes out at Person B whenever Person B says something that contradicts Person A's version of events.
7. Person A never admits to doing anything wrong, even when Person B has proof that Person A did do something wrong.
8. Person A says Person B has a bad memory if Person B catches Person A telling a lie.
9. Person A makes Person B question their decision-making abilities, if it means Person A gets to be the one to make decisions in the relationship.
10. Person A lies to Person B just to see if Person B will believe them.

Citation

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