

## 3.22 The Danger of Gaslighting

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### SUMMARY KEYWORDS

gaslighting, gaslight, people, white, talk, dominant culture, racism, carter, overreacting, race, spiritual bypassing, called, racist, white supremacy, helped, thinking, link, life, happened, doctor

### SPEAKERS

Jasmine Bradshaw

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**J** Jasmine Bradshaw 00:00  
You're listening to the First Name Basis podcast, Season Three, Episode 22: "The Danger of Gaslighting."

**J** Jasmine Bradshaw 00:14  
Teaching our children to be inclusive and anti-racist starts with us within the sacred walls of our home. First Name Basis is designed to empower you with the confidence you need to be a leader in your family and a change maker in your community. Together, we will wrestle with hard questions and use the answers to create the world we want, a world that reflects our values of inclusion, compassion, and courage. I'm your host, Jasmine Bradshaw, and I am so excited to be on this journey with you.

**J** Jasmine Bradshaw 00:50  
Hello, First Name Basis fam. I am so glad you are here. Today we are going to be talking about gaslighting. Now I don't know about you, but I have been gaslighted many, many times, especially if I'm talking about something difficult, or something that goes against the status quo. Now we're going to get into all of that. But before we do, I have to share my solidarity with the Palestinians. I'm sure you've heard of what's going on in Israel and Palestine right now, and it is absolutely atrocious. The Israeli government is bombing the Palestinians and they have killed many, many civilians, so many of them being children. And the thing is, if you're in the United States, your tax dollars are going to support the actions of the Israeli government. We are helping to fund these atrocities and it has to stop. So I'm going to leave two links in the show notes for you so that you can take action on this today. The first is going to be a link where you can email your representatives to tell them to end U.S. complicity in Israel's abuses of Palestinians. And the second one is going to be a donation link where you can donate to provide emergency aid to Palestinians. The thing is, remember when we talk about donations we're not thinking of them as charity, we are thinking of them as redistributing our resources,

because the systems that are in place have given us opportunities and resources that other people don't have access to. So we are going to redistribute those resources to support the Palestinian civilians who are being bombed by the Israeli government.

J Jasmine Bradshaw 02:37

The other thing I have to tell you before we start, oh my gosh, I'm kind of embarrassed to even say this, we are still looking for a communications director. And I feel like this is really illustrative of why we need a communications director, because this has been out there for quite a while. And I'm really grateful to those of you who have applied. I haven't forgotten about you. But I wanted to make sure that we got the word out one last time. I'm going to be closing applications on Sunday, this Sunday, May 24. So if you're interested in working with First Name Basis, working directly with me to help support our mission of getting parents the resources they need to talk to children about race, religion, and culture, and of course, helping us with collaborations, managing our inbox, and working with us on our Patreon community. I'm so excited to be expanding our team. And man, I've been blown away by the applications that have already been submitted. So if you're on the fence, definitely apply before this Sunday, May 24 when the application closes. And I just have to say one more time, I'm sorry. I'm sorry it's taking me so long, but this is a very clear indication of why we need a communications director. Obviously that's just not my wheelhouse.

J Jasmine Bradshaw 03:53

Okay, let's get into it. Let's talk about gaslighting. So the first thing we're going to talk about is what is gaslighting and where did it come from. Then we'll move into why do people gaslight others. From there, we'll transition into what do you do if you're being gaslighted or someone you know is being gaslighted, and lastly, we'll talk about what do you do if you're the one who's doing the gaslighting. So I think this will be a fantastic episode to really give us some concrete ideas of what is it and what do we do about it.

J Jasmine Bradshaw 04:31

So of course, I read a handful of articles in preparation for this episode. But there was one that stuck out to me that I really really liked. It was from the BBC and it was called "The Hidden Victims of Gaslighting." And as always, I will put all of these links in the show notes. And they define gaslighting as manipulating someone into thinking they're wrong even when they're right. They say it's a form of emotional abuse, and it can be used to make the victim question their own mental well being. Now, when I was talking about this with my mom, we were talking about the power of taking a definition and then putting it into your own words just so that you can kind of get a better sense of what it means. So together, we came up with this definition in our own words: basically, challenging someone's perception that harm is being done to them because of their membership in a particular group. So when someone is being gaslighted, there is another person who is making them question their own experiences, they're challenging them and making them think, "Wait a minute, Am I overreacting? Am I being dramatic?" And it will make a lot more sense when you understand where the term comes from.

J Jasmine Bradshaw 05:43

So the term "gaslighting," or "gaslight" comes from a movie that was made in 1944. It was called "Gaslight." And in this movie, there was a woman who, I think she's a singer, and she gets married to this man and it's all magical. And then weird things start happening and her husband starts to make her think that she is losing her mind. So he'll do things like hide stuff from her and she'll be like, "Where did I put that thing?" And he's all, "I don't know, I don't know where you put it." And then she finds it in a completely different place. And she thinks, "Why don't I remember putting it down there?" And so she starts to think she's losing her mind. But the real reason is because he actually moved it and was hiding it from her. Or he'll do things like make sounds come out of the attic, even though the attic is locked and she knows there's nobody in there. She thinks she's hearing things and she kind of brings it up to him. She's like, "I think I'm losing it. I'm hearing things, I'm misplacing things." And he tells her, "Well, this is why I have to keep you hidden away from people." And you can see as the audience, you can see that he's manipulating her into thinking that she's losing her mind so that he can have control over her and control over the situation. So if you hold a marginalized identity, you have probably experienced gaslighting in your life. So BIPOC women, people in the LGBT community, all of us experience gaslighting because we are further away from the dominant culture.

J Jasmine Bradshaw 07:20

Now, we've talked about this a couple of times before. And if you remember, Tiffany Jewel defines the dominant culture in her book, "This Book is Anti-Racist." And she says the dominant culture is the group of people in society who hold the most power, and are often but not always in the majority. So the dominant culture here in the United States are people who are male, people who are white, people who are Christian, people who are straight. So all of those things work together to create the dominant culture. And people who are outside of the dominant culture — Black and indigenous people of color, women, people in the LGBTQ community, people who are Muslim, or people who are Jewish, people who are not Christian — are usually subjected to gaslighting, because it puts us in a position where we are challenging the status quo. And when you challenge the status quo, it makes people feel uncomfortable so they will often gaslight you. So gaslighting makes you question your own feelings and your own experiences. And it can sound like someone saying, "Wait a minute, are you sure that's about race?" or, "I think you're being pretty dramatic. It was just a joke." And I will give you more in-depth examples of times in my life when I have been gaslighted later in the episode, but I wanted to give you just a feeling of what does it sound like when someone is trying to gaslight you.

J Jasmine Bradshaw 08:52

And in this BBC article that I talked about earlier, it talks a lot about how children whose parents abused alcohol or drugs can be gaslit. Because when they go and confront their parents about their abuse, their parents will usually try to hide it. And they'll try to convince them that they don't know what they're talking about. So it can happen in so many different situations. It can happen at work, it can happen with your friends, or it can even happen like on a societal level, where we are all watching something and then the leaders in the society will try to convince us that we didn't see what we saw, or that we didn't interpret it correctly, or maybe that we're being dramatic. I'm thinking of the murder of George Floyd. Now, when that video first came out, we all watched it and we knew it was murder. But there were still some

politicians and some police chiefs police officers who were saying, "Oh, no, that was an accident," or, "That it was a necessary use of force." And we're all looking at it saying, "No, that's murder. Don't try to gaslight us. Don't try to pretend like we don't know what we're talking about or make us feel like we're losing our minds. We all witnessed a murder."

J Jasmine Bradshaw 10:04

So I want to move into racial gaslighting, and focus specifically on what it looks like to gaslight someone about racism. But first, I wanted to share with you an example from my life of a time when I was gaslighted. And it had nothing to do with race. So when I was in college, I lived in New York City because I had an internship for the summer. And my mentor there, she was fantastic and she was helping me get acclimated to the city. And one of the things that I told her was that I was so frustrated and uncomfortable with all of the catcalling. Now, I live in Arizona, I grew up here. And men here obviously, stare, but they don't usually say things in the same way that I experienced when I was in New York. And I remember calling my mom and being like, "At least in Arizona, they're a little more ashamed of what they're doing," whereas in New York, it felt absolutely shameless. They would just say things all the time, as soon as you walked out of your door in the morning, and it was absolutely exhausting. And so I talked to my mentor, and I was like, "I really can't stand this cat calling. It's getting to me, it's just so frustrating. I hate leaving my house and feeling this way." And she was like, "Oh, my goodness, you just need to have a thicker skin. You're being too sensitive. This is totally normal, and it's just not a big deal." So she was trivializing what I was feeling, the harassment that I was receiving. And I was frustrated. But I thought, "Well, she's my mentor, she knows best. Maybe I should just listen to her and try to get a thicker skin." Then I noticed a few days later, we were walking together down the street. And as we left the apartment, of course, men began catcalling both of us. And her response was completely different from mine, she would talk back to them and she would say, "Hello!" she would kind of bat her eyelashes, and it was clear to me that she actually enjoyed the attention. So that made me think "Oh, wow, she doesn't even know that she was gaslighting me. She didn't do it on purpose because she looks at catcalling as something that she enjoys, something that maybe gives her a little boost to her confidence." Now, I'm not sure because I didn't actually talk to her about this, so I can't make assumptions. Maybe she responded in that way because she felt like that was her best survival mechanism. Maybe that was the way that she kind of gets through it and makes it not as painful for herself. But I just noticed that when I brought it up to her and she told me, "Oh, you need a thicker skin, you're being too sensitive." I was being gaslighted and that was because her response to the cat calling was completely different from mine. So all that to say sometimes people will be gaslighting you and they have no idea that they're doing it. Now that doesn't make it okay. Remember we always talk about "impact over intent." So even if their intention was not to gaslight you, if the impact was that they did, if you were gaslighted, then that is something that needs to be dealt with.

J Jasmine Bradshaw 13:11

Okay, let's move into racial gaslighting. Racial gaslighting is a term that was coined by two researchers in 2017, Dr. Rose Ernst and Angelique M. Davis. So together these two women studied the topic and then they wrote an article that was entitled "Racial Gaslighting." And I can't link this article because it's behind a paywall, but I did watch an interview with them, and I will link that. It was fantastic. And the interviewer specifically said to them, "Did you to coin

this term? Is this a term that you put into the world?" And they said, "Yes." So I thought that was really amazing that we were able to find the original people who came up with the term "racial gaslighting." And they define it as, "the political, social, economic, and cultural process that perpetuates and normalizes a white supremacist reality through pathologizing those who resist." So basically, racial gaslighting makes you question yourself and your own experiences in order to maintain power for the dominant culture or to maintain white supremacy.

J Jasmine Bradshaw 14:23

So in this interview, the researchers were talking about the two reasons behind racial gaslighting. The first is to make it seem like you're losing your mind, and the second is to make it look to others that you're losing your mind so that what you are saying can be dismissed. So obviously, this all goes under the umbrella of helping to uphold white supremacy by making it look like you're losing it. Some examples that they gave in the interview, are saying things like, "Oh, you're just too sensitive or you're exaggerating." And then they also mentioned that it can be intertwined and tied with tone policing. If you remember, we have an entire episode about that. It's called "Cancel Culture, Part One: Calling In, Calling Out, and Tone Policing." So if you haven't listened to that, definitely go listen. I will link that in the show notes. But tone policing is when you say to somebody, "Oh my goodness, I want to listen to what you're saying, and I want to hear you, but I can't when you speak to me in that tone." Or when someone says, "If you just calm down, then we can talk about this rationally." So tone policing and gaslighting can be closely linked.

J Jasmine Bradshaw 15:38

The researchers took some time to give a few examples of different tactics that people employ when they are engaging in racial gaslighting. The first one that they mentioned is diversion. So this is when someone tries to divert you away from the original goal of the conversation. So you bring up racism, you bring up systemic racism or something racist that happened to you, and they will try to divert your attention to something else and say, "Oh, no, I don't actually think that was about race," or, "Are you sure this is about race?" The second tactic that they mentioned is willful ignorance. So this is when you bring up racism and someone insists that they don't see the racism so that they don't have to deal with it. And the third tactic that they mentioned in the interview is trivializing, and this is when someone is telling you that you are overreacting so that they don't have to take you seriously.

J Jasmine Bradshaw 16:35

So now let's move into some examples of times in my life when I have been racially gaslighted. The thing that sticks out to me really clearly is when I was on Rachel's podcast, on Rachel Nielsen's podcast called Three in 30 Takeaways for Moms. I love her podcast, it's fantastic, and she was a fantastic host. The two of us talked about beginning conversations with your children about racism. And when I was on her show, I shared an experience that I had at the OBGYN; you might have heard me tell this story before. So when I was first pregnant with Violet, we were so excited, we were so so excited. I had a countdown on my phone to when we got to go to our first OB appointment, because I was just that excited about it. And we walked in, and I'm sitting on the table waiting for the doctor, and the moment she walks into the room, she looks

at me, and she looks at Carter, and she says, "So was this on purpose?" And it was in that moment that, first of all, I just froze. and I was like, "Are you seriously asking me this?" And I said, "Yes." And she said, "Well, in that case, congratulations." And it was just so jarring to me and frustrating because I know that the rate at which Black women die during childbirth and during pregnancy is exponentially higher than the rate of white women. So every time that I get pregnant, I have to consider that fact I have to think to myself, "Okay, is this worth risking my life for?" It's terrifying. And now especially, because I have two little children at home, I have to think about what would happen with them if something ever happened to me. So obviously, that was a super racist thing for her to say. And I explained that on Rachel's podcast, and I mentioned that I live in Mesa. So there are a gajillion young moms here. It wasn't about my age, because there are so many white women who get pregnant really young here in Mesa. And I'm pretty sure that they don't get the same question when they walk into that doctor's office. So after I shared that experience, and Rachel published the episode, I got a lot of pushback, a lot of women saying, "Oh, my goodness, that definitely wasn't about race. I think you're overreacting. There's no way that's about race. The same thing happened to me, and I'm white. So it's definitely not about race." There were so many women telling me that I hadn't experienced racism and that I was just being unfair to that doctor. So after I had experienced the violence of this racist act, and a really terrifying situation, which is to be a Black woman and to be pregnant in the United States, I had people not believing me, and then telling me that I was the one in the wrong for speaking negatively about this doctor, and that I should be apologizing to her for slandering her name, which...I've never even shared her name, but it was just so so frustrating. And I knew that they were gaslighting me.

J

Jasmine Bradshaw 19:43

Now I want to specifically address the response of "Well, it couldn't have been about race, because that's happened to me too. Ijeoma Oluo talks about this in her book, "So You Want to Talk About Race." I know I talk about this book all the time, but she gives a specific set of criteria for determining if something is about race. She gives three things. The first thing she says is, it's about race if a person of color thinks it's about race. Well, the situation being a Black woman pregnant in America, being terrified for my life, and having that be the very first interaction I have with my doctor, I knew immediately that it was about race, and that that wasn't a safe place for me anymore. The second criteria she gives is if it disproportionately or differently affects people of color. So as I mentioned before, the experience that Black women have when it comes to their prenatal and postnatal health care is way worse than that of white women, and we are at much higher risk of dying, and our children are also at much higher risk of dying than white children are. So yes, it's about race. And the third criteria that she gives is, it's about race if it fits into a broader pattern of events that disproportionately or differently affects people of color. So even if you are a white woman, and your doctor says the exact same thing to you in the exact same way, and the exact same situation that I had, it's still about race, because it will affect me differently. My care from that doctor will be worse than your care from that doctor because of the doctor's implicit biases. So even though you might have had the same experience, I can promise you that my experience was racism, and yours wasn't because you're white. But do you see how damaging gaslighting can be? That is a very vulnerable story that I shared with the world. And to have people come back and say, "You don't know what you're talking about. You're being dramatic, you shouldn't overreact, you actually need to go and apologize to that doctor." Man, I was really, really hurt. I remember crying a lot and feeling like I couldn't get out of bed for a couple of days, because it was just so emotionally taxing. I mean, I did get out of bed because I had a child, thank goodness for those little ones who helped us get out of bed some days. But it was really, really hard.

J Jasmine Bradshaw 22:24

And another example of racial gaslighting that I wanted to share with you from my own life is from last summer. So last summer during the Black Lives Matter protests. Carter's uncle posted something atrocious on Facebook. He posted, "It's time for a good old-fashioned lynching." Yeah, you heard that right. "A good old-fashioned lynching." I can't even say it without feeling sick to my stomach. It was so awful to see and just disgusting to know that this is a member of our family. So when I told someone that I loved about what happened, I told her, you know, "He posted this," and she looked at me and she was completely serious. And she said, "Well, who was he referring to?" And I was like, "Wait, are you kidding me right now?" When you hear the word "lynching," you think of Black people. I know, I'm not the only one who understands the reality that Black people have been lynched way more often than white people. She was basically insinuating that maybe this wasn't about race. And I was really hurt by that. She continued to act like it was a stretch for me to assume that he was talking about Black people. Like it was not a fair assumption for me to say that when he said, "It's time for a good old fashioned lynching," he wasn't talking about his white neighbors. We are all safe to assume that. So in that moment, I was racially gaslighted, because I was sharing this really awful thing that happened that was clearly about race and the response was an implication that I shouldn't be making assumptions as to who or what he's talking about.

J Jasmine Bradshaw 24:16

When asked about racial gaslighting, Sophie Williams, a Black anti-racist educator and author said, quote, "It makes us seem like unreliable narrators of our own lives. Imagine the toll it takes on you to go through something and then be told it's not true and having it dismissed. It's deeply unfair and unacceptable." End quote. And that's what it feels like. It feels like I'm telling you, "This is what's going on in my life," and you're looking back at me and saying, "Are you sure? I think you're being dramatic. Oh, you're probably overreacting. You shouldn't assume. You shouldn't put that on other people." Basically, it makes us feel like you care more about being called a racist than you care about dealing with the racism that is right in front of our faces.

J Jasmine Bradshaw 25:06

Okay, now I want to move into why do people gaslight others? What does it do for them? One of the reasons that people gaslight other people is because it makes them feel better. When you are confronted with something that is tough, something that's hard, something that challenges the status quo, it might make somebody feel guilty. And of course, in trying to avoid that guilt, they might engage in gaslighting. The other thing is that they probably don't want to admit that they've done something wrong. So if you're confronting someone about something racist that they said to you, or something sexist that they did to you, they probably don't want to admit that they did something wrong because that doesn't feel very good. And so they might gaslight you and tell you that you're reading into things or that you're overreacting. Another reason is just so they don't have to take responsibility for the problem, or help to fix the problem. So for example, when I talked about Carter's uncle, when we shared the situation with some other people and they were gaslighting us, I feel like maybe it was because they didn't want to have

to talk to him. They didn't want to confront him about what he said or did, so it's easier to just gaslight me, and make me feel like I'm misinterpreting things so that they don't have to take responsibility for what's going on and help fix the problem. I do want to point out that in the interview, Dr. Ernst and Angelique M. Davis both said that white people can also be racially gaslighted if they are taking anti-racist action. So for example, if someone is trying to stand up against racism and be anti-racist, then they could be racially gaslit. They talked in the interview about how the purpose of this racial gaslighting of someone who was white is to keep that person isolated. White supremacy thrives when white people are silent and when white people act in solidarity with one another, and silence is an example of that solidarity. So if something racist happens, and white people don't say anything, that is that white solidarity, but if something racist happens, and a white person decides to speak up, they decide to be anti-racist, they are breaking that white solidarity. And that is dangerous for white supremacy, because it means that they are challenging that system, and trying to push against it and dismantle it. So when a white person acts in an anti-racist way they can be racially gaslighted because the person who is doing the gaslighting wants to portray the person who is standing up against racism as an isolated person, as someone who is outside of the group. So they portray them as losing their mind, and they paint them as an outsider, "Oh, that person isn't like us, because they don't understand they're confused. They think that they're seeing racism, but it's really not racism. So they are an outsider, they are not in our group. They're not one of us."

J

Jasmine Bradshaw 28:16

And Carter is sick right now, or else I would have had him come on and tell you the story. But he has been racially gaslighted as a white person trying to stand up against white supremacy. But he gave me permission to share this example with you. So we confronted some people about wearing MAGA paraphernalia, the Make America Great Again stuff and we helped them understand that the president, President Trump, tweeted out a video in which someone was chanting "white power." I don't know if you remember this. This was I think, last July. And soon after that people that we know and love were wearing MAGA paraphernalia and supporting President Trump. And we said to them, "Do you understand that that red hat is now a symbol of white supremacy, and that the President has tweeted out his support for white supremacy?" And he's done it in so many different ways, right. But the white power tweet was a very clear, blatant way that he was upholding white supremacy and white power. And when we were having that conversation, they basically first tone police stopped us and told us "Well, if you had talked to us in a nicer tone, then we would listen to you," which is frustrating. But the other thing was someone said to Carter, "Oh, Carter, it's easy to think that there's only one way to look at this." And he was like "I'm sorry, what other ways are there to look at this? 'White power' is white supremacy. 'White Power' is bad. I thought we could all agree on that." And he says that in that moment that the person said, "It's easy to think that there's only one way to look at this." He was just broken, his spirit was broken because he knew he had lost them. He knew he had really changed the relationship with these people that he loved so much. So it's been really, really hard on us. And when I was talking about gaslighting, and asking him about different times when he feels like he has been gaslighted, that was the moment that immediately came to his mind. When we are talking about 'white power' we're talking about white supremacy, and someone told him "Oh, Carter, I think it's easy to think that there's only one way to look at this."





J Jasmine Bradshaw 30:43

So if you are a white person who has stood up against racism and tried to be anti-racist and you feel like you're losing your mind, don't worry, you're not. You're just being gaslighted. That's not funny. I don't know why I'm laughing. Laugh to keep from crying. Am I right, y'all?

J Jasmine Bradshaw 31:02

Okay, moving on. I had someone asked me, "What is the difference between gaslighting and spiritual bypassing?" And that is a great question. Now, as you know, we have an entire episode about spiritual bypassing. It's called "The Danger of Spiritual Bypassing," and I will link that in the show notes. But basically, spiritual bypassing is when someone acknowledges that there is a problem. So they admit, "Yes, there's a problem," and they think that the way to fix it is by being more faithful or praying harder or saying things like, "Well, if everyone would just act like Jesus, then we could fix this right now." That's unrealistic. Not everybody's going to be acting like Jesus, and not even everyone believes in Jesus. So that's not fair for us to put on other people. But that is spiritual bypassing. "Yes, there's a problem. And the way we fix it is by being more faithful and praying." Now gaslighting is when someone tries to say that there isn't even a problem to begin with, right? "Oh, no, that that's not about race," you know. "You're just misreading things. That's not actually about race." So that's gaslighting, or it's admitting that there's a problem, but saying that you're overreacting to it. So, "Oh, yeah, that's uncomfortable, but you're probably just not very good at taking a joke," or maybe, "You're being a little bit dramatic." So they might give you that the idea that there is a little bit of an issue, but it's more about your reaction to it than it is about the problem. So I hope that helps with the difference between spiritual bypassing and gaslighting.

J Jasmine Bradshaw 32:41

Now let's move into what do you say when someone is gaslighting you or when someone is gaslighting others? One of the things that I have found to be very helpful when someone is gaslighting me is to just name it, name what's happening. I say something like, "I think I'm being gaslighted right now." Or an even stronger statement would be "I'm being gaslighted right now." That way, they can't really argue with you because you're saying this is what's happening. And then based on their response, you can figure out how you want to move forward with the conversation. So I've said this to someone before I but I think I was talking about tone policing. So I said, "I feel really tone policed right now," or "I'm being tone policed." And that really actually helped the conversation because I was able to stop and explain what tone policing is, explain why it was happening to me and why I was feeling this way. And it really helped break down those barriers and move the conversation forward. Now, that doesn't always happen. Sometimes, if you tell someone that you are being gaslighted, they will continue to gaslight you and be like, "Oh, wow, look, there you go again, you're proving me right, you're being so dramatic." And that's when I would say it's probably best to just end the conversation because it's not really going anywhere.

J Jasmine Bradshaw 34:02

The other thing that you can do if someone is gaslighting you or others is to restate the purpose of the conversation. Now I also got this tactic out of Ijeoma Oluo's book, "So You Want to Talk About Race." And she talks about when someone is trying to divert the conversation

into something else, you say, "I'm talking about problems of systemic racism and how they are directly affecting my life or how they're directly affecting the Black community. What are you talking about right now?" And then that forces the person to say, "Well, I'm talking about how you're being so dramatic," or whatever, and then you can figure out where to go from there if that is their response. Then again, like I said before, you can see that this isn't a productive conversation and you might want to end things. Another thing that you can do if you are being gaslighted is to ask questions. So you can say, "Wait a minute, are you implying that I don't understand the racism that's happening to me?" And that will force people to articulate what they are really trying to do, what they are really thinking, what they're really feeling. And it will give you an insight into where the conversation is going. And if you are white and you are trying to stand up against racism, you can still use this tactic. You can say, "Are you implying that the Black community doesn't know racism when they see it?" Or in Carter's case, he could have said something like, "Are you implying there are situations in which white power is acceptable?" And then you can go from there. So name what's happening, restate your intention of the conversation, and ask questions. And if you have been gaslighted, or you know someone who has, make sure that you find someone that you trust, someone that you know is going to support you. That really helps me after I go through these hard situations. I always talk to Carter. And I have another sister-in-law who is so supportive that I call, or my parents or my sister and say, "Oh my gosh, this really frustrating thing that just happened. I was just gaslighted. And I just need you to validate what I'm saying." So find somebody that you can trust to hold that space for you.

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### Jasmine Bradshaw 36:13

The last thing that I want to cover is what do you do if you realize that you're gaslighting someone else. Of course, as always, the first thing that I recommend doing is apologizing. Just say that you're sorry, and name your behavior. "I'm sorry that I gaslighted you. I shouldn't have done that." And then tell them what you're going to do differently next time. In the episode about spiritual bypassing I mentioned that it's really hard for me to trust people who engage in spiritual bypassing. So if someone spiritually bypasses me, or if someone gaslights me, then I don't trust them anymore. And I'm not going to trust them with these experiences. I'm not going to share my real feelings, and that's going to hurt our relationship. If there are things that are going on in my life that I can't talk to you about, then we can't be as close as I would like to be, or even as you would like to be, right. So if you notice that you have gaslighted someone, then take some time to talk to them about your relationship. Tell them, "I understand that I broke your trust when I was gaslighting you, and I really want to maintain the closeness and our relationship, and I'm going to change in these specific ways, and I won't do it again. And if I do it unintentionally, please let me know. I value our friendship so much. And I want you to be able to talk to me about the things that are going on in your life, and the things that affect you so personally." So just be really open and honest about what you did, about what happened. Apologize and then tell them how much you value them and what you want to do differently next time. And please remember that if someone shares this with you, if someone tells you that you have been gaslighting them, this is a gift that they're giving to you, even though it feels hard and it might hurt. It is actually a gift because it means that they care about you. And it means that they care about your relationship. As I mentioned just a little bit ago, if there are people who have done these things to me, and I don't trust that they're going to react in a way that is going to be productive, then I just won't tell them. But I do make a mental note that I

guess I can't talk to that person about these things that are so important to me. So if someone is telling you that you have gaslighted them, I know it's hard to hear, but really try to reframe it as a gift that they're giving you because they truly care about your relationship.

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Jasmine Bradshaw 38:44

All right, y'all, that is all we have on gaslighting. I hope that you feel more confident to be able to name it when you see it and stand up for those who are being gaslighted and stand up for yourself if someone is gaslighting you. And don't forget, we are closing that communications director position on May 24, this Sunday, and if you're interested, just go to [firstnamebasis.org/apply](https://firstnamebasis.org/apply) and I will be sure to put that link in the shownotes.

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Jasmine Bradshaw 39:15

My friends, thank you for being here. I hope you can feel how much I believe in you and how deeply I know that when we work together we can make real change in our communities. Any of the books, podcasts or articles that I reference will be linked in the show notes. If you are looking for more detailed notes, be sure to head over to our Patreon community. On our Patreon site I provide all of the outlines that I use to make the episodes and everything is linked there so you don't have to take furious notes while you are listening. And don't forget to join us over on Instagram [@firstname.basis](https://www.instagram.com/firstname.basis). If you're interested in partnering with First Name Basis or doing some kind of collaboration, please email us at [hello@firstnamebasis.org](mailto:hello@firstnamebasis.org). All right, have a great week my friends and I will talk to you again soon