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Episode #264

Gaslighting and Its Effects Explained

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Hi, everyone! Thanks for joining me for another episode. I'm Georgiana, your English teacher and founder of SpeakEnglishPodcast.com

You can subscribe to my newsletter on [my website](#) and get the 5 secrets to learn to speak English for free.

Have you ever wondered if someone intended to make you doubt your own perceptions, experiences, or understanding of events? We call this **gaslighting**.

Today I will talk about this word that is becoming more and more popular. And with a point-of-view story you will improve your grammar in context, without memorizing rules.

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Where does "gaslighting" come from?

The word "gaslighting" comes from a play called "**Gas Light**." written in 1938 by Patrick Hamilton.

In this play, a husband tries to make his wife think she is losing her mind. He does some tricky things, like secretly making the lights from gas lamps in their house dimmer, and then he tells her that she's just imagining these changes. This play later became a movie.

Nowadays, when we say "**gaslighting**," we mean when someone tries to make another person unsure about their own memory or feelings, similar to what the husband did to his wife in the story.

I'll explain a little more about **gaslighting**, as it is a subtle, powerful form of manipulation intended to make you unsure of what is real.

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When someone tries to make you doubt yourself, **gaslighting** occurs. They want to control how you think, feel, and remember things. For instance, imagine your friend insists they never said something you clearly remember them saying. Over time, this can lead you to doubt your own memories.

It's not a one-time occurrence; instead, it's a slow, ongoing process. This manipulation can occur in various relationships – with your family, friends, or coworkers. The individual using **gaslighting** intends to make you unsure about what is true and have you rely on their version of events.

You need to be able to recognize **gaslighting**. Look out for signs like someone denying they said something. They might also blame you or minimize your feelings. It's like they're trying to change your story, to make you see the world differently.

If you suspect **gaslighting**, it's essential to seek support. You can talk to someone you trust, like a good friend, family member, or counselor. Sharing what you're going through can give you a better idea of the situation and help you feel more confident again.

Always remember that your feelings and memories are valid. **Gaslighting** aims to make you doubt yourself, but you have the power to stand firm in your reality. By recognizing the manipulation and seeking assistance, you can protect yourself from its harmful effects.

Great! That's all for now! I hope you found this topic helpful.

Let's continue with a Point-of-View Lesson.

POV-Story

(Learn grammar in context)

I will tell you the same story twice. So make sure to focus on the changes.

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Okay! Let's start!

In a small town, there was a woman named Clara. She was married to a man named Henry. They lived in a beautiful old house. This house was a gift from Henry's family.

Every evening, Henry worked in his study. Clara liked to read in the living room. But lately, Clara saw something strange. The gas light in the room got dimmer at night. She told Henry about this. He said, "You are just imagining things. The light is fine."

One day, Clara found a secret letter in a book. The letter was from Henry, but it was for another woman! Clara was sad and confused. She talked to Henry about it. He stayed calm and said, "You are tired and stressed. There is no such letter."

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Clara wanted to know the truth. She told her close friend Sarah about everything. Sarah believed Clara. Together, they made a plan.

One quiet night, while Henry was working, Clara and Sarah entered the attic. They were shocked. They found boxes full of jewels and letters from different women. Now they knew: Henry was lying to Clara and stealing these things.

At that moment, Sarah turned on a flashlight. Clara saw the gas light in the living room get brighter. They understood that Henry was changing the gas light from the attic. He wanted Clara to doubt what she saw and felt.

The following day, Clara and Sarah went to the police. They showed the police the jewels and letters. The police arrested Henry.

With Henry gone, Clara felt safe and free. She decided to start a new life. She sold the old house and used the money to open a lovely bookstore in town. Now, in a room with bright and warm light every day, Clara felt strong and truly happy.

In the end, she was very thankful for her friend Sarah's help and her new beginning.

Imagine now in the present:

Hi! I'm Clara, and my husband's name is Henry. We live in a beautiful old house, a gift from Henry's family.

Every evening, Henry works in his study, while I like to read in the living room. But lately, I've been noticing something strange. The gas light in the room seems to get dimmer at night. I tell

Henry about this, and he responds, "You are just imagining things. The light is fine."

One day, I find a secret letter in a book. The letter is from Henry, but it is for another woman! I feel sad and confused. I talk to Henry about it. He stays calm and says, "You are tired and stressed. There is no such letter."

I want to know the truth. I confide in my close friend Sarah about everything. Sarah believes me. Together, we make a plan.

One quiet night, while Henry is working, Sarah and I enter the attic. We are shocked. We find boxes full of jewels and letters from different women. Now we know: Henry has been lying to me and stealing these things.

At that moment, Sarah turns on a flashlight. I see the gas light in the living room get brighter. We realize that Henry has been changing the gas light from the attic. He wants me to doubt what I see and feel.

The following day, Sarah and I go to the police. We show them the jewels and letters. The police arrest Henry.

With Henry gone, I feel safe and free. I decide to start a new life. I sell the old house and use the money to open a lovely bookstore in town. Now, in a room with bright and warm light every day, I feel strong and truly happy.

In the end, I am very thankful for my friend Sarah's help and my new beginning.

Great! I like these kinds of stories because they're easy to remember and help a lot with learning English. Humor also makes learning more enjoyable.

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Thanks.

See you soon!

Bye! Bye!



Georgiana

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