

Sample Informational Brainstorming Page

Propaganda Type: Gaslighting

<p>Definition</p>	<ul style="list-style-type: none"> ● "A manipulation move that aims to confuse a victim and undermine their sense of what's real in order to gain power over them." (Fishtank Staff, sidebar) ● "Gaslighting is a form of emotional abuse in which a gaslighter psychologically manipulates a victim through a variety of Machiavellian tactics, such as denial, reality-spinning, and coercive control." (Psychology Today, par. 8)
<p>Aspects / Qualities / Characteristics</p>	<ul style="list-style-type: none"> ● "Blatant lying" (Fishtank Staff, sidebar) ● "Targeting what is dearest" (Fishtank Staff, sidebar) ● "Moving gradually" (Fishtank Staff, sidebar) ● "Not aligning actions with words" (Fishtank Staff, sidebar) ● Denying or spinning reality (Psychology Today, par. 8) ● Gaslighter → charismatic, persuasive, emotionally intelligent (Psychology Today, par. 9) ● Gaslighter → subjects others to physical and emotional abuse (History.com, par. 5)
<p>Intended impacts</p>	<ul style="list-style-type: none"> ● Turn others against victim by lying to everyone (Fishtank Staff, sidebar) ● Hurt and control victim by criticizing and challenging them often (Fishtank Staff, sidebar) ● Confuse victim by appearing to be on their side and by increasing amount of criticism over time (Fishtank Staff, sidebar) ● Gain victim's trust by telling them not to trust others (Fishtank Staff, sidebar) ● Cut off victim from family and friends (Psychology Today, par. 8) ● Make victim question own memory or sanity and feel angry or depressed (Psychology Today, par. 8)
<p>Specific examples (from history, culture, politics, or advertising)</p>	<ul style="list-style-type: none"> ● Dictators: <ul style="list-style-type: none"> ○ Kim Jong Un: abuses his people but portrays himself as a great leader (Fishtank Staff, sidebar) ○ Stalin: millions of people died of starvation, but "Stalin called stories of the peasants' suffering 'fables'" (McCollum, 66) ○ Hitler: claimed that Kristallnacht was a spontaneous riot when in reality he planned it (United States Holocaust Memorial Museum, par. 2) ● Cult leaders: <ul style="list-style-type: none"> ○ David Koresh: Waco, Texas 1993, "used gaslighting to convince followers of his divine authority" (Fishtank Staff, sidebar) ○ Jim Jones: People's Temple, Jonestown, Guyana 1977, promised a utopia but instead

	<p>"followers were subjected to harsh living conditions and punished" (History.com, par. 5)</p> <ul style="list-style-type: none">○ Marshall Applewhite: Heaven's Gate cult, California, 1997, convinced followers to commit suicide so that a spaceship "would pick them up and take them to a higher plane of existence" (History.com, par. 10)
How to identify and resist it	<ul style="list-style-type: none">● How to identify:<ul style="list-style-type: none">○ Gaslighter does not allow you to question them or have your own opinion (Psychology Today, par. 12)○ Gaslighter displays narcissistic and manipulative behavior (Psychology Today, par. 16)● How to resist:<ul style="list-style-type: none">○ Check in with yourself: do you feel safe or comfortable with this person? (Psychology Today, par. 15)○ Trust yourself, not the gaslighter (Psychology Today, par. 16)○ Verify with other people (Psychology Today, par. 17)