When a Conversation Leaves Me Unsure

Recognizing patterns without rushing to conclusions

Use this page to reflect on an interaction that felt confusing. You do not need to prove what happened or reach a final conclusion.

TAKE YOUR TIME Choose one recent interaction, or use an imagined example. Skip details that could compromise your privacy.

1. **What did I directly see, hear, or experience?**

2. **What interpretations or explanations were offered, including my own?**

3. **What feelings or sensations came up for me?**

4. **What remains unclear or uncertain?**

5. **What would help me feel steadier or better supported?**

6. **What is one choice I can make without needing the other person to agree?**

EDUCATIONAL SOURCES

Sarkis, S. (2022). Gaslighting: Recognition and Recovery for Manipulated and Controlled Clients. PESI. | Durvasula, R. (2022). Psychoeducation and Narcissistic Abuse: Different Types - Different Experiences. PESI.