

Gaslighting Recovery Checklist

Use this checklist to track your recovery from gaslighting. Check boxes and add notes to monitor progress.

Validation

- ☐ Acknowledged the gaslighting wasn't my fault
- ☐ Journalled one experience to clarify my reality
- Notes: _____

Therapy

- ☐ Researched trauma-informed therapists
- ☐ Scheduled or attended a session
- Notes: _____

Support Network

- ☐ Shared my experience with a trusted friend
- ☐ Joined a support group or online forum
- Notes: _____

Self-Care

- ☐ Practiced mindfulness or meditation
- ☐ Engaged in a hobby or exercise
- Notes: _____

Boundaries

- ☐ Set one boundary with the gaslighter
- ☐ Explored no-contact options if safe
- Notes: _____

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Progress Reflection

What's one recovery milestone you're proud of?
