



ASSIST's Helping Hand Newsletter

Terrorism Survivors Helping Survivors

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Gaslighting By Worley (Lee) Reed

ASSIST is dedicated to helping injured survivors of terrorism with legal, medical and financial assistance based on available organizational funds. ASSIST endeavors to fill the gap between government entitlements and real need.

The American Society for the Support of Injured Survivors of Terrorism, Inc. Newsletter is published quarterly at Lake Wales, FL. The Chief Editor is Bret W Reed, Administrative Officer.

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As terrorism survivors, we face many mental and physical challenges in life. We must also recognize situations where other people seek to gain control of us for financial or personal power using methods such as gaslighting. Gaslighting is a denormalization (noun used as a verb) where a person suffering from a Narcissistic Personality Disorder seeks to gain control of your life by deceptive means. "Narcissistic

personality disorder... is a mental condition in which people have an inflated sense of their own importance, a deep need for excessive attention and admiration, troubled relationships, and a lack of empathy for others. But behind this mask of extreme confidence lies a fragile self-esteem that's vulnerable to the slightest criticism.'¹ "The term "gaslighting" originated in



Angela Lansbury of *Murder She Wrote* fame premiered as an actress in the 1944 film, *Gaslighting*

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We are grateful to the US Department of Justice and the National Organization for Victims Assistance (NOVA) for their support and leadership in the area of victims' rights.

Gaslighting (Continued)

the theater, so when Oxford Dictionaries named it a runner-up for word of the year in 2018, it got Teresa Thuman, Sound Theatre Company's artistic director, thinking. If theater could introduce people to the concept in the first place, theater should be able to help people examine how gaslighting — in which people can be convinced to doubt what they perceive — came to play such an important role in contemporary politics.

Sound Theatre Company will present "Gaslight (Angel Street)" at 12th Avenue Arts April 23-May 14. The production marks the company's return to live performances after a two-year disruption caused by the pandemic. It is also the starting point for an ongoing exploration of both the theatrical work and the broader concept of gaslighting. A film capture of "Gaslight" will be available for streaming for 10 days in June, followed by The Gaslight Project, a series of single events in July co-created with Washington Ensemble Theatre. The Gaslight Project is still under development, but will apply a contemporary lens to the themes and topics of Patrick Hamilton's Victorian thriller.

After "Gaslight" premiered on the London stage in 1938, it became a

Broadway hit in 1944 as "Angel Street." In the same year, Ingrid Bergman starred in the Hollywood film, perhaps the best-known incarnation of the "Gaslight" story about Bella, whose husband Jack covers up his criminal activities by convincing her that she is insane. One of the ways he does this is by telling her that she has imagined lights in their home going dim when he has actually caused them to do so.

The technological basis for the term gaslighting is so antiquated that it requires explaining today: gas-powered light fixtures lose brightness when additional lights on the same gas line turn on. But Jack's manipulative behavior is all too familiar to contemporary audiences.

"The term gaslighting came around from the play in terms of treatment of women," said Thuman, who directs the play. "At this point I think it is more global — the kind of structural and systemic behaviors that can make people doubt their own sense of what is true and obvious. Anyone who has experienced oppression and marginalization is told that it's their problem that they see something differently. It's true with climate change and it's true with our government systems and our financial system, things that we see very clearly and then we're given all kinds of reasons not to believe what we see."²

So how can you know if someone is gas-



Gaslighting

(verb)

A subtle form of emotional manipulation that often results in the recipient doubting their perception of reality and their sanity.

@ThePsychologyGroup

Gaslighting (Continued)

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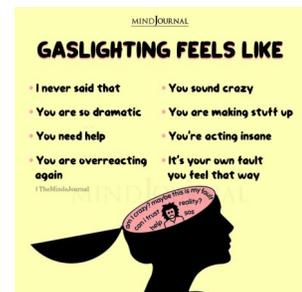
lighting you? Look for the following behaviors:

- Lying about or denying something and refusing to admit the lie even when you show them proof
- Insisting that an event or behavior you witnessed never happened and that you're remembering it wrong
- Spreading rumors and gossip about you, or telling you that other people are gossiping about you
- Changing the subject or refusing to listen when confronted about a lie or other gaslighting behavior
- Telling you that you're overreacting when you call them out
- Blame shifting in relationships—saying that if you acted differently, they wouldn't treat you like this, so it's really your fault
- Trying to smooth things over with loving words that don't match their actions
- Twisting a story to minimize their abusive behavior
- Minimizing their hurtful behaviors or words by saying something like, "It was just a joke" or "You're way too sensitive"

- Separating you from friends and family who might recognize your gaslighting abuse symptoms."³

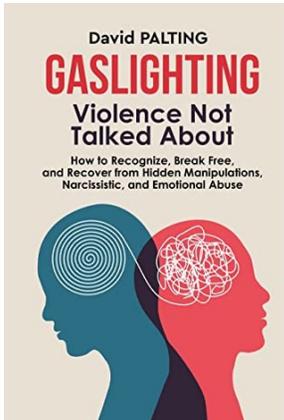
How do tell if someone is gaslighting you:

- "The most damaging gaslighting abuse symptoms are the ones that take root in a victim's mind and begin to wear away at their self-worth and trust in themselves. Here are some of the mental health consequences of being gaslit.
- Having trouble making even simple decisions
- Making excuses for your partner's behavior to family or friends
- Constantly second-guessing yourself
- Blaming yourself for the way the other person treats you
- Trying to convince yourself that their behavior isn't really that bad
- Walking on eggshells around the other person
- Believing that you are too



Gaslighting (Continued)

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Good further reading

- sensitive
- Questioning your own feelings, judgments, and observations
- Feeling lonely and trapped
- Doubting your own memory and sanity
- Staying silent rather than speaking up about what you think or believe
- Being on edge and feeling threatened all the time
- Starting to believe what the gaslighter tells you about yourself, that you are “crazy” or “stupid”
- Thinking you can’t do anything right and feeling disappointed in who you have become
- Spending a lot of time apologizing for your actions.

In addition, perpetrators of gaslighting typically suffer from mental health issues as well. They may have developed these controlling behaviors as a response to childhood trauma, or as the result of Narcissistic Personality Disorder or another psychological condition.”⁴

Once you recognize that you are being Gaslighted, what can you do?

“Once you’ve figured out how to tell if someone is gaslighting you, the next step is removing yourself from the relationship, if at all possible, and avoiding other potential gaslighting situations. Here are some ways to take action and protect yourself if you are being gaslit in a relationship or at work.

Talk to others about what’s happening. Don’t let the gaslighter separate you from friends, family, or colleagues who care about you and respect your viewpoint. Share what’s going on with as many people as possible so they can validate your experience.

Focus on actions, not words. A gaslighter may sometimes tell you what you want to hear in order to keep you in the relationship. But their words are meaningless if their behaviors don’t change as well.

Remind yourself that you are not the reason for a gaslighter’s abuse. There is nothing you could or should have done differently to avoid being gaslit. The abusive behavior was not your fault—it was about the gaslighter’s attempts to control and manipulate



Gaslighting (Continued)

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you.

Don't try to argue with a gaslighter. Gaslighting is not a rational behavior and gaslighters will not respond to logic or admit their true motivation. If a partner, friend, or colleague turns a conversation into an opportunity to insult you or question your sanity or ability, step away from the discussion—and the relationship if possible.

Practice trusting yourself again. Once you have ended a relationship with a gaslighter, it may take some time and practice to start trusting your instincts and your perceptions again. Remember that the picture of the gaslighter painted of you is not the truth of who you are.”⁵

You cannot over emphasize the importance of self trust. You survived a terrorist attack so you are a strong, self-sufficient person.

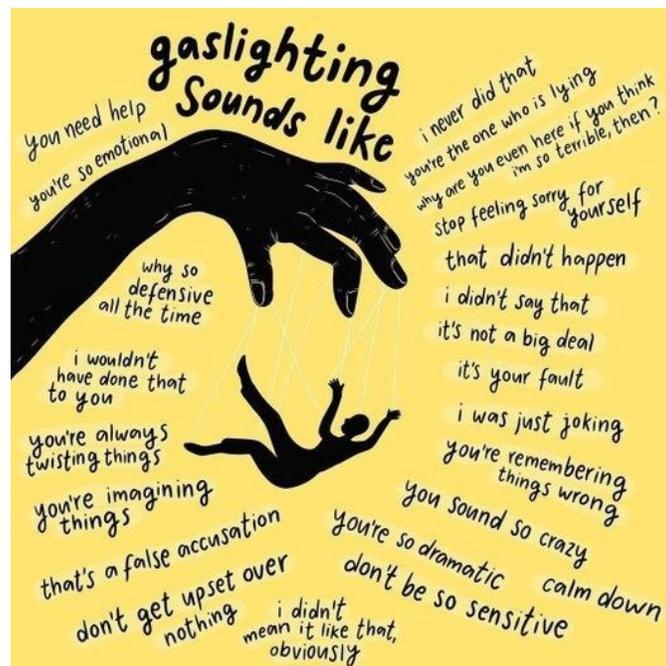
¹ <https://www.mayoclinic.org/diseases-conditions/narcissistic-personality-disorder/symptoms-causes/syc-2036662#:~:text=Overview,lack%20of%20empathy%20for%20others>

² <https://www.seattletimes.com/entertainment/theater/how-a-play-inspired-the-term-gaslighting/>

³ https://www.newportinstitute.com/resources/mental-health/what_is_gaslighting_abuse/

⁴ https://www.newportinstitute.com/resources/mental-health/what_is_gaslighting_abuse/

⁵ https://www.ananiasfoundation.org/gaslighting/?gclid=EAlaQobChMlo-bcmJ-l-wIVMcUCR0HSAad0EAAYASAAEgJJgvd_BwE



Gaslighting Phrases Abusers Use

Gaslighting Phrases Abusers Use



- It was just a joke, can't you take a joke?
- How dare you accuse me of doing that!
- Why can't you be more like ___?
- I can't have any negative emotions around you
- There is something seriously wrong with you
- The Bible commands us to...
- You're not perfect either
- Stop exaggerating



See <https://www.trynova.org/> for more information

The Good Life Section

This is why you stand for our National Anthem !



Please remember the over one point one million men and women who have died in uniform for us. Also, thank our living Veterans everyday



Fill your life with adventures, not things. Have stories to tell, not stuff to show.

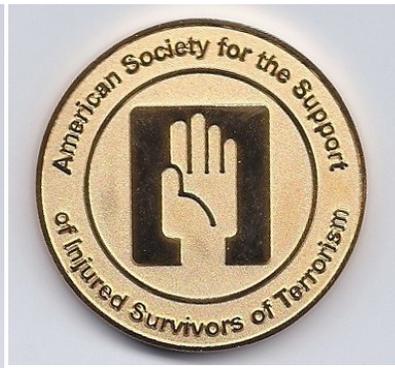
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ASSIST

Memorabilia

The ASSIST memorabilia below are available from ASSIST, 4371 Dinner Lake Blvd, Lake Wales, Florida 33859. Please add \$4.50 to your total order for shipping and handling. All profits from the sales of items goes to support terrorism survivors.



ASSIST Coin (front and back) \$10.00

ASSIST Lapel Pin \$4.00



ASSIST Hat Adjustable \$10.00



ASSIST T-Shirt \$10.00 S/M/L/XL Based on Availability of Size

ASSIST Calendar

Oct 10—Columbus Day

Oct 23—Beirut US Marine Barracks Bombing 1983

Oct 31—Halloween

Nov 4—Tehran “Students” seize US Embassy 1979

Nov 6—Daylight Savings Time (Set your clock
back one hour)

Nov 8— Election Day

Nov 11—Veterans’ Day

Nov 24—Thanksgiving

Dec 7—Pearl Harbor 1941

Dec 12—Kuwait City Truck Bomb US Embassy 1983

Dec 18-Dec 26— Hanukkah / Chanukah

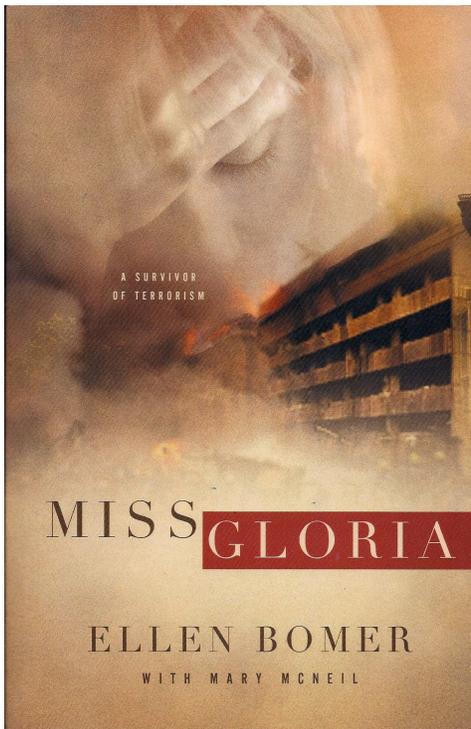
Dec 24—25—Christmas

Dec 31—New Year’s Eve

Note: If we inadvertently omit an important date, please contact
us and we will correct it.



Happy Holidays from the ASSIST Staff



Miss Gloria details the struggles and triumphs of a wonderful lady blinded by the Al Qaeda attack on the United States Embassy, Nairobi, Kenya on August 7, 1998. We highly recommend this book as a must-read.

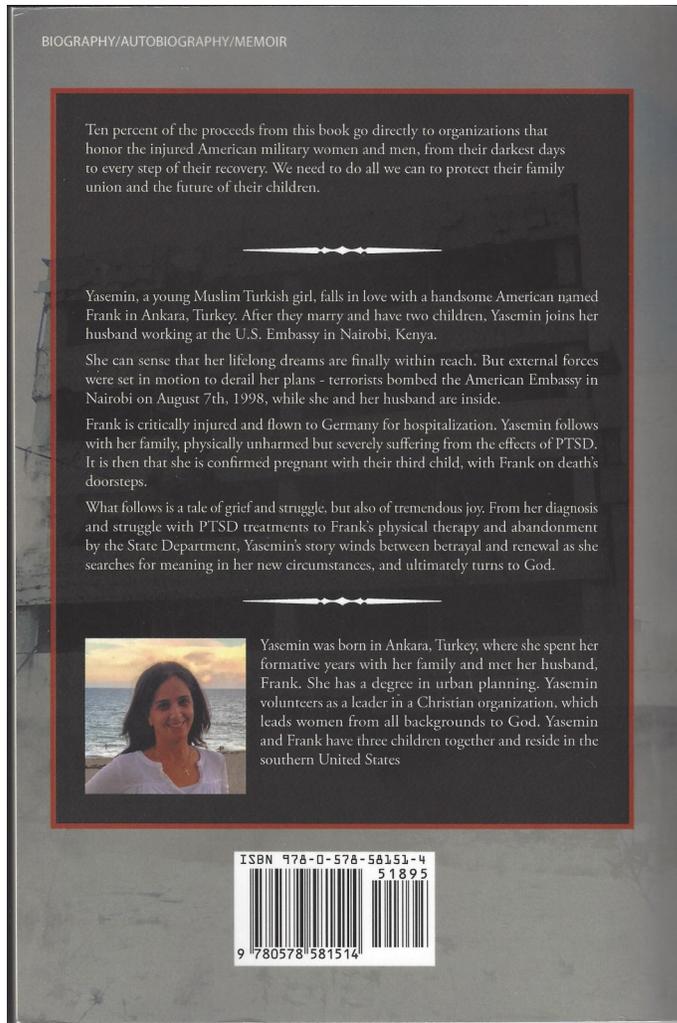
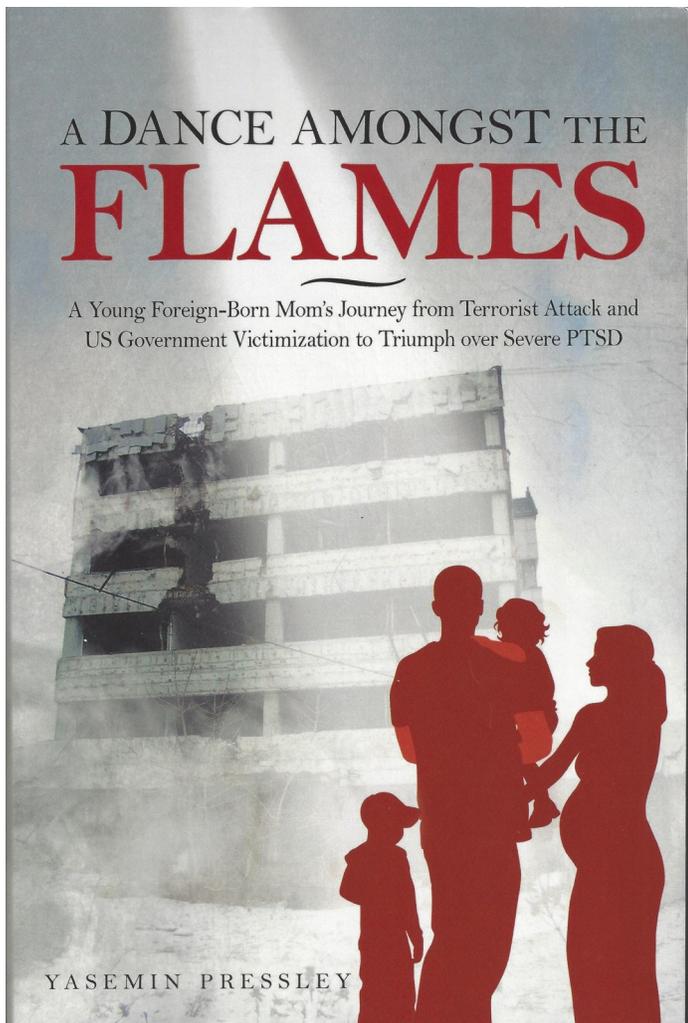
The book is available from the publisher: Redemption Press, 1730 Railroad St, Enumclaw, WA 98022 www.redemption-press.com as well as on Amazon Dot Com. http://www.amazon.com/Miss-Gloria-Terrorism-Ellen-Bomer/dp/1414113668/ref=sr_1_3?ie=UTF8&qid=1431978093&sr=8-3&keywords=Miss+Gloria



If you are seeking someone to help you manage your terrorism compensation or other funds, UBS has helped us find creative and safe investments. Our contact is Ms. Holidae Hayes, telephone: (202) 585-5372.

This is an unpaid endorsement by the ASSIST Staff, and does not necessarily reflect the opinion of the ASSIST Board or ASSIST membership.

ASSIST has a new website:
WWW.ASSIST-SURVIVORS.INFO . It is
now fully operational.



A Dance Amongst the Flames is a highly recommended new book about the unique experiences of a terrorism survivor. The book is available at your local bookstore or through Amazon® at https://www.amazon.com/Dance-Amongst-Flames-Foreign-Born-Victimization/dp/0578581515/ref=sr_1_1?crid=20YC01N2RX455&keywords=a+dance+amongst+the+flames+by+yasemin+pressley&qid=1576686264&sprefix=A+Dance+Am%2Caps%2C160&sr=8-1 . A preview of the book can be found on Youtube at <https://www.youtube.com/watch?v=ikt9Hk01818> .

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Terrorism Survivors Helping Survivors



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