

# GASLIGHTING

## AT WORK

WHEN SOMEONE IS "GASLIT" AT WORK, THEY ARE MADE TO FEEL LIKE THEY ARE CRAZY AND COULD EVEN START BELIEVING IT.



## IS YOUR BOSS GASLIGHTING YOU?

Gaslighters are manipulative, psychologically abusive saboteurs who may have a mental illness. Here are four signs that your boss might be gaslighting you.

### GOSSIP

While gaslighters might seem friendly and supportive face-to-face, they often speak poorly of their victims to colleagues and superiors.

### LIES

Gaslighters are such effective liars that they make their victims question their memories and, ultimately, their sanity.

### MIND GAMES

Gaslighters intentionally try to control their victims by making them feel psychologically unstable.

### SABOTAGE



A tough manager who holds a high bar and pushes you to do better is not a gaslighter. Gaslighters are malicious and do not ultimately want to see an employee succeed. On the contrary, they aim to sabotage their victims' careers.

**At XcelMil we focus on improving morale for senior executives, middle managers, and entry-level employees.**



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