



**Sarah Morales**  
LIFE & RELATIONSHIP COACH

## **Gaslight Free Course Outline**

Session 1 - Introductions

Session 2 - What is Gaslighting?

Session 3 - Who Gaslights?

Session 4 - Motivations for Gaslighting

Session 5 - It Starts with Me

Session 6 - Foundations

Session 7 - The Methods

Session 8 - The Three Stages

Session 9 - The Seven Techniques

Session 10 - The Tactics, Part 1

Session 11 - The Tactics, Part 2

Session 12 - The Roles, Part 1

Session 13 - The Roles, Part 2

Session 15 - Why We're Vulnerable, Part 2

Session 16 - Self-Gaslighting

Session 17 - The Risks

Session 18 - The Empathy Trap

Session 19 - The See Me Trap

Session 20 - The Explanation and Negotiation Traps

Session 21 - Signs/Effects of Gaslighting

Session 22 - Gaslighting as Trauma

Session 23 - Examples of Gaslighting

Session 24 - Phases of Healing from Gaslighting

Session 25 - Head, Heart & Gut

Session 26 - Self-Worth

Session 27 - Self-Worth, Part 2

Session 28 - The Triad: Values

Session 29 - The Triad: Values, Part 2

Session 30 - The Triad: Boundaries

Session 31 - The Triad: Boundaries, Part 2

Session 32 - Necessary Tools: "Connecting"

Session 33 - Necessary Tools: "Team Me"

Session 34 - Necessary Tools: "Higher Self"

Session 35 - What it Takes to Heal

Session 36 - Why We Stay

Session 37 - Options Moving Forward

Session 38 - Wrapping Up

