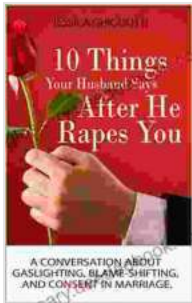


# Gaslighting, Blame Shifting, and Consent in Marriage: A Comprehensive Guide



**10 Things Your Husband Says After He Rapes You: A conversation about gaslighting, blame-shifting, and consent in marriage.** by Jessica Ghigliotti

★★★★☆ 4.9 out of 5

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Gaslighting, blame shifting, and consent are serious issues that can damage a marriage. This article provides a comprehensive overview of these topics, including definitions, examples, and strategies for dealing with them.

## Gaslighting

Gaslighting is a form of emotional abuse in which one person seeks to undermine the sanity or reality of another person. This can be done through a variety of tactics, such as denying reality, lying, and manipulating the environment.

Gaslighting can be very damaging to a marriage, as it can lead to the victim feeling confused, isolated, and even crazy. If you think you are being gaslighted, it is important to reach out for help from a therapist or counselor.

## **Signs of Gaslighting**

- Denying reality
- Lying
- Minimizing or dismissing your feelings
- Trying to make you feel crazy
- Isolating you from your friends and family
- Controlling your access to money or resources

## **How to Deal with Gaslighting**

- Trust your gut
- Document the gaslighting
- Talk to a therapist or counselor
- Set boundaries
- Leave the relationship if necessary

## **Blame Shifting**

Blame shifting is a defense mechanism in which a person attempts to avoid taking responsibility for their own actions by blaming someone else.

Blame shifting can be very damaging to a marriage, as it can lead to resentment and conflict. If you find yourself being blamed for everything, it is important to set boundaries and communicate your needs to your partner.

### **Signs of Blame Shifting**

- Always blaming you for everything
- Never taking responsibility for their own actions
- Making excuses for their behavior
- Trying to make you feel guilty or ashamed

### **How to Deal with Blame Shifting**

- Set boundaries
- Communicate your needs
- Don't take the blame
- Talk to a therapist or counselor

### **Consent**

Consent is the voluntary agreement of two people to engage in sexual activity. It is an essential part of any healthy relationship, and it is important to respect your partner's wishes at all times.

Marital rape is a serious crime, and it is important to remember that even within a marriage, consent is always required.

### **Signs of Consent**

- Verbal consent
- Nonverbal consent
- Implied consent

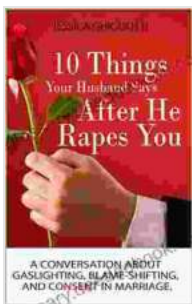
## How to Ask for Consent

- Be clear and direct
- Respect your partner's wishes
- Don't pressure your partner

## How to Deal with When Consent is Violated

- Talk to your partner
- Seek professional help
- Report the crime to the police

Gaslighting, blame shifting, and consent are serious issues that can damage a marriage. It is important to be aware of these issues and to know how to deal with them. If you are experiencing any of these issues, please reach out for help from a therapist or counselor.



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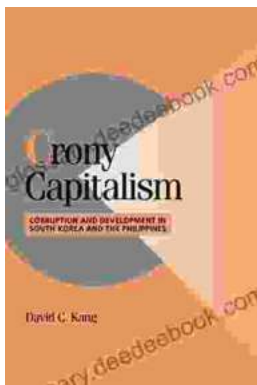
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