

MEDICAL GASLIGHTING RED FLAGS

COMMUNICATION WARNING SIGNS

- Interrupts or won't let you finish
- Dismissive body language (eye rolling, sighing)
- Makes assumptions based on appearance
- Becomes defensive when questioned
- Uses phrases like "it's all in your head"

CLINICAL RED FLAGS

- Refuses reasonable test requests
- Attributes physical symptoms to mental health
- Minimizes or questions symptom severity
- Dismisses based on age, gender, weight, race

TRUST YOUR GUT: If it feels wrong, it probably is

YOUR RIGHTS & RESPONSES

YOU HAVE THE RIGHT TO:

- Ask why information is needed
- Request explanations in simple terms
- Take time before making decisions
- Seek second opinions
- Respectful, dignified treatment

QUICK RESPONSE PHRASES

- "Help me understand how that relates to my concern"
- "I need a moment to think about that"
- "Could you explain your reasoning?"
- "I'd like this documented in my chart"

REMEMBER: Good providers welcome questions