

《gaslighting什么意思？李靓蕾谴责王力宏gaslighting》

王力宏和李靓蕾的离婚事件在网上吵得沸沸扬扬，网友们也跟着吃了好大一个瓜。在他们“对战”的这一局中，不难看出，高学历的李靓蕾完美胜出。网友们都被她的发文吸引，纷纷搜索gaslighting的含义。



1、李靓蕾发文提出gaslighting一词

The concept of gaslighting, a form of emotional manipulation in abusive relationships, went viral on Chinese social media overnight after Lee Jinglei, ex-wife of Wang Leehom, accused the Chinese-American singer online on Monday of gaslighting her for years in their marriage.

周一，王力宏前妻李靓蕾网上发文谴责这位美籍华裔歌手数年来一直在婚姻生活里gaslighting她。一夜之间，gaslighting的概念(指的是情感虐待中利用情绪操控他人的)在网上疯传。

Lee referred to the concept in a post on China's Twitter-like Sina Weibo, attracting the attention of numerous netizens who began asking the meaning of gaslighting is and how to avoid it.

李靓蕾在中国式推特微博上面发文提及了gaslighting这一概念，无数网民被吸引，他们开始询问这个词的意思，并查询避免被情绪操控的方法。

"As the psychologist said, your post is a typical example of gaslighting," Lee wrote in a response to Wang's accusations made in an earlier post.

“如同心理师所说，你这次的发文就是属于很典型的利用情绪操控(gaslighting)的方法，”面对王力宏的指责，李靓蕾在之前的回应中这样写道。

Lee later explained the meaning of gaslighting, saying that Wang attempted to use false or misleading accusations to divert people's attention and make her angry so he could pretend to be a victim. He wanted to manipulate his friends,

family and fans to join him in bullying Lee.

之后，李靓蕾解释了gaslighting的意思，表示王力宏曾经试图用错误的、/令人误解的指控来转移人们的注意力，让她愤怒，这样他就可以假装成一个受害者。王力宏想要操控他的朋友、家人和粉丝加入到其中一起霸凌李靓蕾。



2、gaslighting的起源

The term was inspired by the 1944 movie Gas Light. In a relationship, if a partner questions your memory of events, trivializes your thoughts or feelings and turns things around to blame you, you may be caught up in a pattern of gaslighting and emotional abuse.

这个词源于1944年一部叫做《Gas

Light》电影。在一段感情在，如果你的另一半质疑你对事情的记忆、轻视你的想法或者感觉，颠倒黑白指责你，你可能陷入了gaslighting中，正被情感虐待。

3、如何避免被gaslighted?

If we want to avoid being gaslighted by others, it is important for us to learn to believe in ourselves instead of making excuses for the mistakes of others. We should get rid of the habit of blaming ourselves, ignoring our own feelings and suppressing our emotions, and be confident about our judgment.

如果你想要不被人gaslighted，学会相信自己很重要，不要为别人的错误辩解。我们要去除谴责自己、忽略自己情感、压抑自己情感的习惯，要对自己的判断有自信。



4、gaslighting什么意思?

gaslighting直译过来就是煤气灯，这里指的是情绪操控的意思，这种情况经常发生在朋友，家人，上司，同事或者恋爱关系中。煤气灯操纵者总是扮演正确者的角色，通过扭曲事实来操控被操控者。

例句：

Lee's situation is not only a warning for women in romantic relationships but can also be a lesson for men too, as they can just as easily be the target of their partners' gaslighting.

李靓蕾的处境不仅给恋爱中的女人敲响了警钟，也给恋爱中的男人们上了一课，因为男人们正好可以轻易成为他们伴侣的情绪操控者。

