

to find with fault, hold responsible, to place responsibility for

# blame



a painful emotion caused by consciousness of guilt, shortcoming, or impropriety

# shame

# gaslighting

psychological manipulation of a person usually over an extended period of time that causes the victim to question the validity of their own thoughts, perception of reality, or memories and typically leads to confusion, loss of confidence and self-esteem, uncertainty of one's emotional or mental stability, and a dependency on the perpetrator