



THE
SANE
MAKER

TAKE BACK YOUR SANITY FROM
THE CRAZY MAKING

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Feeling Crazy & Making Yourself Sane

I imagine you've felt crazy and confused numerous times in your dealings with your narcissist or abuser. This is a universal experience in dealing with these types of individuals. It is a result of gas-lighting and having your feelings, words, and actions twisted against you.

Gas-lighting is a specific kind of abuse that tells you certain kinds of things, including:

- **Withholding:** where the abuser acts like they don't understand and won't listen to your side of things and declines sharing his emotions. Examples of this are:
 - "I'm not gonna listen to this again."
 - "You're attempting to confuse me."
 - "I'm not taking this from you again."
 - "You're not gonna treat me like this again."
- **Countering:** the abuser questions the victim's recall of events even though the victim recalls things correctly.
 - "Better remember; you didn't remember things right last time."
 - "You thought you were right last time and, lo and behold, you were wrong!"
 - "Remember when you got it wrong?"
- **Blocking and Diverting:** this is where the abuser moves the conversation from the topic at hand to questioning the victim's thoughts and trying to control the conversation:
 - "You always see things negatively."
 - "You're just imagining things again."
 - "Guess you never believed me then."
 - "You're just making things up."
- **Trivializing:** this is where the abuser makes the victim believe their feelings, needs, and thoughts are not important.
 - "Are you going to let your feelings get in the way of us?"
 - "Are you going to let this problem interfere with our love?"
 - "You're not going to put your problem in the way of us and our relationship, are you?"

You'll know you're a survivor of this kind of abuse if you:



- Distrust your recall of events.
- Question your feelings about what is happening.
- Second-guess your choices and actions.
- Wonder if you're too sensitive.
- Feel confused and even crazy.
- Apologize frequently.
- Wonder why you're so unhappy even though you're told you have so much to be happy about.
- Make excuses for partners, parents, siblings, and their behaviors.
- You know something is very wrong but can't really identify it.
- Feel helpless and joyless in your relationships.
- You withhold important information from those people because you're unsure if you're right.

This leads us to question our own understanding of events, our feelings and concerns, and whether or not we really comprehend what is happening.

Healing the abuse of crazy-making requires restoring the validity of our feelings, memory, and experience by understanding exactly what we felt, what we thought, what actions we took, what actions they took, what we said, and what they said, and becoming more of the observer than the absorber in the experience.

The SANE MAKER is your tool for grounding yourself back into reality, validating your feelings, your recall of events, and your sanity.

We achieve this by using the Sane Maker Guide MP3 to regulate our feelings and understanding and then write down our recall with as many specifics as possible.

When you're feeling crazy, do the following:

- Acknowledge that something has happened that has left you feeling confused, lost, and unsure what happened.
- Complete the "What I Recall Happening" Worksheet on the next page.
- Listen to the MP3 to help you ground and review your experience.
- Update the "What I Recall Happening" Worksheet on the next page.
- VALIDATE YOUR EXPERIENCE using these validation questions:



- If I could, would I give myself permission to trust my own experience, feelings, and thoughts about what happened?
- If I could do that, when would I do that?
- How does that feel?

Here's your printable Quick-List for telling if you're being gaslit or having an honest conversation: [Healthy Communication vs Gaslighting](#)

You can begin the SANE MAKER Process on the next page!



STEP ONE: Outlining Your Experience

Describe your experience below. The more detail the better for you!

EVENT DATE AND DETAILS:	
LEVEL OF CONFUSION/CRAZY (1 = none, 10 = totally crazy)	1 2 3 4 5 6 7 8 9 10
Where did this take place?	
What smells were there?	
What sounds were there?	
What was the temperature?	
What objects do you recall being in that space?	
Describe what was happening before you became confused, flustered, or mentally foggy?	



YOUR EXPERIENCE DETAILS	
What was your primary complaint or concern?	
What were you feeling about that concern?	
What were you feeling during the event?	
What did you say?	
What actions did you take?	
What did you need from them to resolve the original concern?	
What feelings were you left with after the event was over?	



YOUR EXPERIENCE OF THE OTHER PERSON	
What actions did they take?	
What did they say?	
What were their behaviors?	
What did they deny happening?	
What did they do that created confusion?	
What did they say that led to confusion?	
HOW MUCH DO YOU BELIEVE YOUR EXPERIENCE IS VALID (1 no belief, 10 total trust)	1 2 3 4 5 6 7 8 9 10
If It is above an 8, repeat the process of validating that your experience matters, is real, and how you feel matters and that is what counts most.	



STEP TWO: Validating Your Experience

Regulate your anxiety then use the MP3 validators below and then record your experience after.

- Regulate Your Anxiety with the tools of the [Daily Regulation Practice](#)
- [The Sane Maker MP3](#)
- [The Experience Validator](#)

(cont'd)



STEP THREE: Re-evaluating Experience

Check-in and see what became clearer for you in your experience after using the validator and Sane Maker MP3. Describe your experience below. The more detail the better for you!

EVENT DATE AND DETAILS:	
LEVEL OF CONFUSION/CRAZY (1 = none, 10 = totally crazy)	1 2 3 4 5 6 7 8 9 10
Where did this take place?	
What smells were there?	
What sounds were there?	
What was the temperature?	
What objects do you recall being in that space?	
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If It is above an 8, repeat the process of validating that your experience matters, is real, and how you feel matters and that is what counts most.	



STEP FOUR: Share and Get External Validation

Discuss your experience with others that you trust and that understand gaslighting and crazy-making. People who've never been through this will not understand it and could inadvertently gaslight you!

This helps you gauge your reality and your understanding. It strengthens your trust in yourself and your memory. If other parties were involved in the event, discuss it with them *as long as they are safe, trustworthy individuals*.

Here's a Quick-list Guide on Safe and Unsafe People to help you identify healthy people: [Safe vs Unsafe People](#)



Conclusion

The SANE MAKER is designed to help you make sense of your experience, validate it, and build trust in yourself. Use it whenever you feel confused or crazy about an experience you're having with someone else.

Lastly, adopt these rules in dealing with others to help protect and nurture your mental well-being:

- I will only engage in conversation that is about the topic at hand.
- I will only discuss the situation or circumstance that is the problem.
- I will only be responsible for my feelings, my desires, my actions, and my decisions.
- I will be wary and skeptical of individuals that I feel unsafe around because of how they act and how they treat me.
- I will trust my gut. If something feels off, I will assume it is off.
- If I begin to feel confused or crazy, I will step away from the conversation by saying, "I need some time to process what you've been saying. I'll discuss this with you later."
- I have the right to disengage from any conversation where I feel confused, uncertain, or no longer heard or respected.

If you've got anxiety and need help calming yourself, get CALM (it's free) here: [CALM](#)

Got questions? Got aha's? Share them with [The Community!](#)

Need assistance? Reach out in [The Community!](#) or reply to my emails!

With love,

Marshall Burtcher



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