

OF THE YEAR'

ORIGIN Gaslight film with Charles Boyer and Ingrid Bergman. Right, Kim Kardashian and below, with ex husband Kanye West



ROYAL RUMBLED Harry accused dad Charles and William of gaslighting, and inset, with Meghan

This devious form of abuse gradually slices away at self esteem while unravelling one's sense of reality.

Clients have presented with anxiety, PTSD, depression, confusion, uncertainty, mistrusting themselves and others, self doubt, and difficulty functioning. The road to recovery can be challenging but it is possible to connect back to your power, dignity and identity.

Here are some tips that can help...

GET PROFESSIONAL HELP

Find a therapist with specific training in psychological abuse, coercive control, narcissism and trauma recovery.

DO YOUR OWN RESEARCH

Being able to recognise these abusive tactics can prevent you from

taking the bait and getting hooked into the chaos and confusion. You will know you are a victim if you feel like screaming with frustration, are constantly upset, with energy depleted, or constantly trying to defend, justify or explain your position.

KEEP A DIARY

Take note of the recurring incidents, so you have an accurate account of what transpired as opposed to a fabricated version. This will help you to stay true to you and trust your own reality.

REDUCE CONTACT

Stop contact, so you can start to heal. If that's not possible, try to reduce it and avoid lengthy defences or discussions which will only drain

you emotionally and psychologically.

SET BOUNDARIES

Call the behaviour out, explain in a calm, clear way that you know your reality, your thoughts and feelings, what happened or what was said.

Remember you are not crazy, you are not weak, and this twisted form of abuse is their behaviour. Ironically, the one who is trying to drive you insane is actually the one who is not of sound mind, so do all you can and get all the help you need to set yourself free.

■ Michaela Brady is an Irish psychotherapist, training consultant and international speaker with 20 years' experience improving mental health, well being, engagement and performance. She is the founding director of Aspire Counselling.

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SQUARE EYES

with Nicola Methven & Mark Jefferies

Breathtaking lines by Jed and Rachel

Line of Duty creator Jed Mercurio has co-written new series **Breathtaking** for ITV, based on the memoir of doctor and writer **Rachel Clarke** about the early days of the Covid pandemic.

The three-part drama stars Joanne Froggatt, right, as a hospital consultant.

It has been adapted for TV by Clarke alongside Mercurio and actor Prasanna Puwanarajah, who are both former junior hospital doctors.

Froggatt said: "When I first read the incredible scripts, they moved me to

tears on many occasions. I felt so passionately that I had to be a part of telling this story, the real story, of what was really happening behind the closed doors of the hospitals during the pandemic.



"Our NHS staff are nothing less than absolute heroes in my eyes, and I hope telling this story goes a little way towards us understanding their truth, their lived experience, and honouring their unbelievable commitment and sacrifice on behalf of us all."

The series is set in a fictional big city hospital. Viewers will see through Froggatt's character's eyes as the virus begin to take hold, overwhelming the NHS and creating conditions of unprecedented adversity.



HOMING IN ON A DEAL

Get ready for **Crazy Rich Agents: Selling Dream Homes ...** or **The Apprentice** meets **Stath Lets Flats**.

Newbie estate agents have a stab at becoming big hitters chasing

six-figure commission cheques. The show, which starts on Sunday, August 6, on BBC2 at 9pm, kicks off by following former care worker Georgie plus rookies Krish and Aly.

Rags to riches tale of Hardacre family

The team behind **All Creatures Great and Small** is to make another period drama for Channel 5, this time based on the Hardacre novels by CL Skelton.

The six-part drama chronicles the rags to riches story of a working-class family in 1890s Yorkshire. Sam Hardacre is injured in an accident at work, which threatens to leave him and his wife Mary destitute.

In a bid to avoid the workhouse, the couple put their last penny into a radical business venture. **The Hardacres**, which has yet to be cast, will be made by an all-female production team and will be filmed in Ireland later this year.

Winkleman's truly host with the most

Massive congratulations to Claudia Winkleman for being given an Outstanding Achievement Award at this summer's Edinburgh TV Festival.

It comes after she was last year involved in BBC entertainment hit **The Traitors**, plus Channel 4's moving series **The Piano** and, of course, **Strictly Come Dancing**.

She said she was looking forward to marking the honour by speaking with Kirsty Young at the event next month.

She said: "I am ridiculously lucky. To be able to discuss cloaks, the foxtrot and pianos with the greatest interviewer on earth makes me incredibly happy."



€80

...the amount the star travellers have to live on per day, including travel, in the new **Race Across the World**