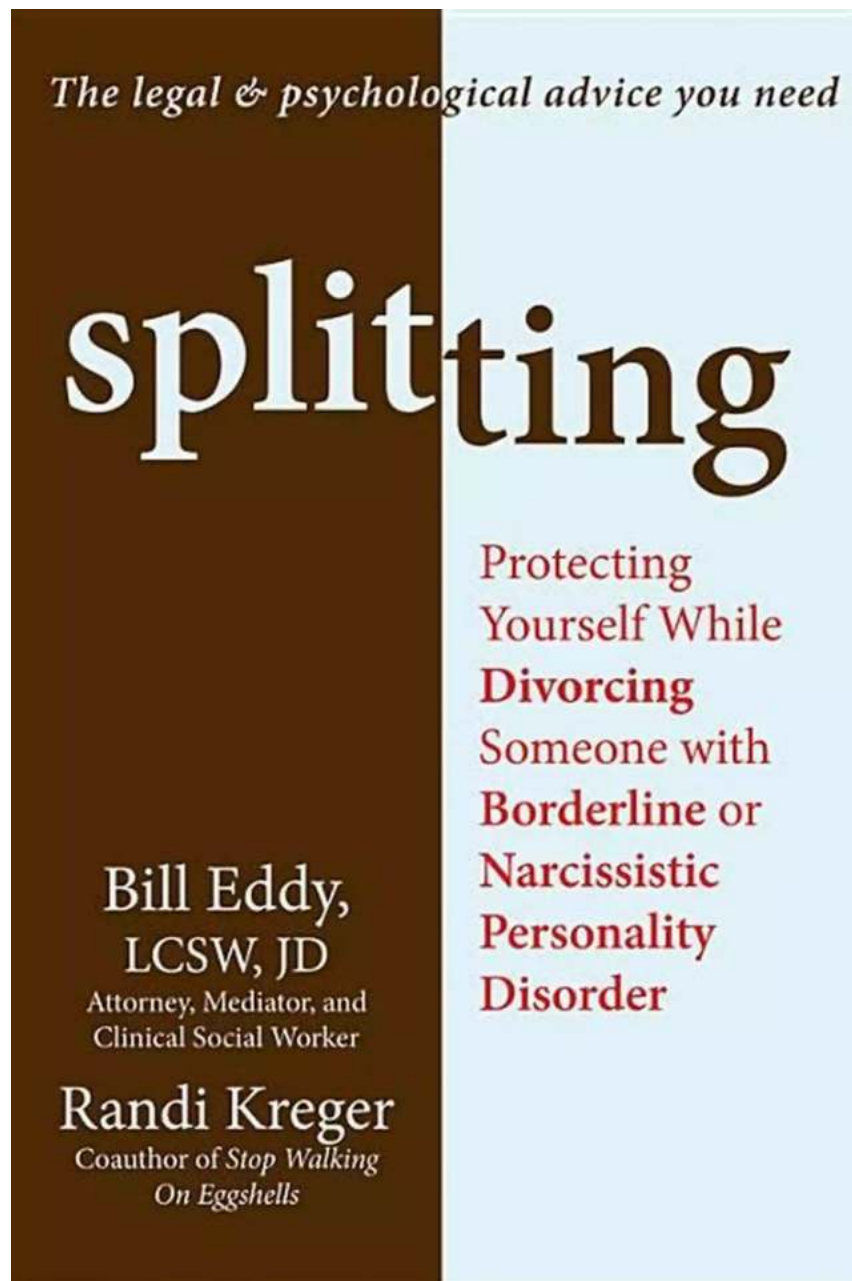


5 Essential Strategies for Protecting Yourself While Divorcing Someone With Borderline Or Narcissistic Personality Disorder

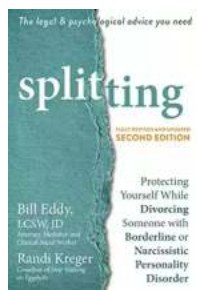


Divorce is never an easy process, but when you are divorcing someone with borderline or narcissistic personality disorder, it can bring its own

unique challenges. Dealing with manipulation, emotional abuse, and erratic behavior can have a significant impact on your mental and emotional well-being, making it crucial to protect yourself throughout the process. In this article, we will explore five essential strategies that can help you safeguard your rights and navigate this difficult terrain.

Understanding Borderline Personality Disorder (BPD) and Narcissistic Personality Disorder (NPD)

Before diving into the strategies, it is important to briefly understand borderline and narcissistic personality disorders. Borderline personality disorder is characterized by a pervasive pattern of instability in interpersonal relationships, self-image, and emotions. Individuals with BPD often struggle with intense episodes of anger, fear of abandonment, and engage in impulsive and self-destructive behaviors.



Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder

by Bill Eddy (Kindle Edition)

★★★★☆ 4.7 out of 5



Narcissistic personality disorder, on the other hand, revolves around an excessive sense of self-importance, a lack of empathy, and a constant need for admiration. People with NPD often exhibit grandiosity, a sense of entitlement, and manipulation tactics to ensure they remain the center of attention.

Strategy 1: Build a Support System

Going through a divorce with someone who has borderline or narcissistic personality disorder can be an isolating experience. Establishing a strong support system consisting of trusted friends, family members, or therapists can provide you with the emotional support and perspective you need during this challenging time. Surrounding yourself with people who understand and believe your experiences will help validate your feelings and make you feel less alone.

Strategy 2: Document Everything

When divorcing someone with borderline or narcissistic personality disorder, it is crucial to document every interaction and incident related to the divorce proceedings. This includes all correspondence, voicemails, text messages, or any other forms of communication. Keep a detailed record of any abusive or manipulative behavior exhibited by your ex-spouse to build a solid case and protect yourself in court. These records can be essential in proving your side and ensuring you are not unfairly portrayed.

Strategy 3: Set Clear Boundaries

Boundaries are key when dealing with individuals with borderline or narcissistic personality disorder. It is crucial to clearly define what behavior is unacceptable and establish boundaries to protect your emotional and mental well-being. Clearly communicate these boundaries to your ex-spouse and remain firm in enforcing them. This may require seeking legal protection, such as restraining orders if necessary. Above all, prioritize your safety and well-being throughout the divorce process.

Strategy 4: Seek Professional Guidance

Dealing with the complexities of divorce when your ex-spouse has borderline or narcissistic personality disorder can be overwhelming. Seeking professional guidance from a qualified attorney and therapist who have experience in dealing with high-conflict divorces is essential. They can provide you with invaluable advice tailored to your specific circumstances and help navigate the legal and emotional challenges associated with your divorce.

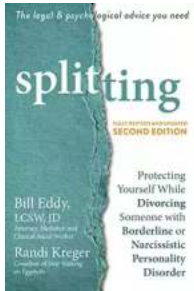
Strategy 5: Practice Self-Care

Throughout the divorce process, it is vital to prioritize self-care. Engage in activities that promote your physical, mental, and emotional well-being. Join support groups, engage in therapy, exercise regularly, practice mindfulness, and surround yourself with positive influences. Taking care of yourself will help you stay strong, resilient, and better equipped to cope with the challenges of divorcing someone with borderline or narcissistic personality disorder.

Divorcing someone with borderline or narcissistic personality disorder requires an extra level of vigilance and self-protection. By building a support system, documenting all interactions, setting clear boundaries, seeking professional guidance, and practicing self-care, you can safeguard your rights and well-being throughout the divorce process. Remember, prioritizing your safety and mental health is essential during this challenging time. You are not alone, and with the right strategies in place, you can navigate this difficult terrain and secure a better future for yourself.

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This highly anticipated second edition of *Splitting* includes new chapters on abuse, alienation, and false allegations; as well as information about the four types of domestic violence, protective orders, and child custody disputes.

Are you divorcing someone who's making the process as difficult as possible? Are they sending you nasty emails, falsifying the truth, putting your children in the middle, abusing you, or abusing the system? Are they "persuasive blamers," manipulating and fooling court personnel to get them on their side? If so, you need this book.

For more than ten years, *Splitting* has served as the ultimate guide for people divorcing a high conflict person, one who often has borderline or narcissistic (or even antisocial) personality disorder. Among other things, it has saved readers thousands of dollars, helped them keep custody of their children, and effectively guided them through a difficult legal and emotional process.

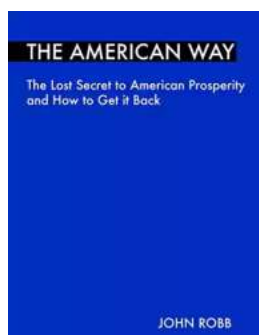
Written by a family law attorney and therapist, and the author of *Stop Walking on Eggshells*, *Splitting* is an essential legal and psychological guide for anyone divorcing a persuasive blamer: someone who suffers from

borderline personality disorder (BPD), narcissistic personality disorder (NPD), and/or antisocial personality disorder (ASPD). This second edition includes new information about antisocial personalities; expanded information about domestic violence, child abuse, alienation, and false allegations; how to approach protective orders and deal with child custody disputes; and a new chapter on how to successfully present your case to decision makers.

Turn to this guide to help you:

- Predict what your spouse may do or say in court
- Take control of your case with assertiveness and strategic thinking
- Choose a lawyer who understands your case
- Learn how e-mails and social networking can be used against you

If you need help navigating a high-conflict divorce from a manipulative spouse, this book includes all of the critical information you need to work through the process of divorce in an emotionally balanced, productive way.



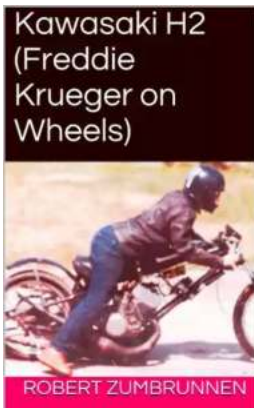
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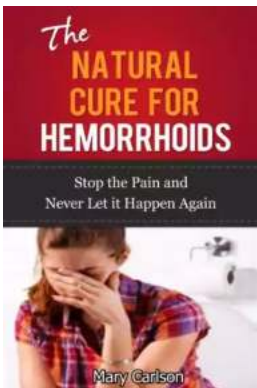
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