

# Navigating the Storm: Divorcing a Narcissist



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Divorce is often cited as one of life's most challenging experiences, and when you add a narcissistic partner to the mix, the journey can become even more treacherous. If you find yourself in the process of divorcing a narcissist, you're not alone. This post aims to shed light on the unique challenges of this situation and guide you in navigating this complex process.



# The Narcissistic Personality

Narcissism is a personality disorder characterised by a grandiose sense of self-importance, a lack of empathy, an uncanny ability to lie and cheat, a need always to be right and a constant need for admiration, validation and adoration. When divorcing a narcissist, it's crucial to understand their traits because these will play a significant role in the proceedings.

**Manipulation:** Narcissists are skilled manipulators. They may use gaslighting, a manipulative tactic that distorts facts to make you doubt your reality or sanity, guilt-tripping, or other tactics to control the narrative and gain an advantage during the divorce.

**Lack of Empathy:** Expect little empathy or understanding from a narcissistic ex-spouse. They will exploit your vulnerabilities to achieve their goals. Stop expecting the narcissist to understand the way you may be feeling. They often do not understand, and if they do, then they simply don't care image is everything: Narcissists care deeply about their public image, and they will go to great lengths to maintain a facade of perfection to family, solicitors, judges and everyone in between, and that means dragging you through a contentious divorce to prove that you are the 'bad one'.




A photograph of chess pieces on a wooden board. In the top left, a light-colored wooden king piece stands upright. Below it, a dark-colored knight piece is also upright. The board has a black and white checkered pattern. In the bottom right, a portion of a dark-colored king piece is visible.

# Challenges of Divorcing a Narcissist

When divorcing a narcissist, it's crucial to recognise that the process often extends three times longer and involves substantially higher legal fees, driven by their relentless desire to emerge victorious at any expense.

Moreover, narcissists often manipulate the legal system, perpetuating emotional, psychological, and financial abuse. Unfortunately, the fairness of the family court system relies on the judge's familiarity with narcissism and the CAFCASS officer who is responsible for preparing reports in cases involving children to be able to see through the charm, lies and manipulation.

A background image showing various chess pieces on a light-colored wooden surface. In the top left, a dark wooden king piece is visible. Below it, a light-colored wooden queen piece stands upright. In the bottom left, a portion of a light-colored wooden pawn is visible. In the bottom right, several dark wooden pawns are scattered. The pieces are set against a backdrop of a light-colored wooden surface with visible grain and some minor wear.

# Strategies for Navigating a Divorce with a Narcissist

## Secure a Strong Support System

Surround yourself with friends, family, and a therapist who can provide emotional support and guidance. It's super important to have people who believe the abuse and not dismiss it as you being 'too dramatic' or "too emotional."

## Document Everything

Keep a detailed record of all communication, including emails, texts, and phone calls. This documentation can be invaluable if your narcissistic ex-spouse tries to twist the facts, prolong the proceedings, or use the legal system as a tool of abuse. Use an app like My Family Wizard to co-parent, and in extreme cases, ask your lawyer or a trusted friend to read all emails first because you will likely be very anxious about getting any correspondence from your ex-spouse.



A background image showing various chess pieces on a light-colored wooden surface. A dark wooden king piece is in the top left, a light wooden king piece is in the center left, and several dark wooden pawns are at the bottom. A wooden board with black and white squares is partially visible in the bottom left corner.

## Set Boundaries

Establish clear boundaries to protect yourself emotionally and legally. Limit communication to essential matters and avoid engaging in unnecessary emotional conflicts that can negatively impact your children.

## Greyrock

In your communications, strive for neutrality and avoid emotional language. Keep your messages as straightforward and unemotional as possible. Remember that any emotion can diminish your influence, so it's wise to err on simplicity and restraint. I tell my clients this: "The more emotion you give, the more power you lose."

## Choose Your Solicitor Wisely

Selecting the right legal representation is crucial. If your solicitor dismisses your concerns or suggests that "everyone says their ex is narcissistic," it may be a sign that they are not the right fit for your situation. Look for a solicitor experienced in high-conflict divorces who understands the nuances of dealing with narcissistic individuals. You could also engage the skills of a divorce consultant who can often bridge the gap between you and your solicitor and save you lots of money.



## Understand Your Solicitor's Role

It's essential to recognise that your solicitor primarily focuses on helping you with the legal aspects of the divorce. While they can provide guidance and support, they are not therapists. Expecting emotional support from your solicitor can lead to frustration and added legal expenses. Consider seeking emotional support from a qualified therapist who understands narcissism to complement your legal proceedings.

## Protect Your Children

Don't make your children over-responsible for your emotions. They are already facing a divided family, and burdening them with emotional responsibilities can alienate them from you and lead to long-term psychological issues, especially related to trust. Ensure your children have access to counselling or therapy to help them cope with the emotional challenges of divorce either before or after the divorce. You may find that your ex-spouse blocks this because they don't want anything to hamper their image.




## Focus on Your Well-being

Don't forget to take care of yourself during this challenging time. Self-care, daily routines, therapy, and mindfulness practices can help you maintain your mental and emotional health because the process will take longer and incur higher costs due to the narcissist's tactics.

Divorcing a narcissist is an arduous journey that demands resilience, patience, and a strong support network. Remember that you deserve a healthy and fulfilling life beyond this difficult chapter. By following the strategies mentioned above and seeking professional guidance from the right sources, you can navigate the storm and emerge from the divorce process stronger and more resilient than ever, even when dealing with the emotional weaponisation of children and the abuse of the legal system by the narcissist. Prioritising your children's emotional well-being is essential for their long-term development and trust-building abilities.





“YOU ARE MUCH  
STRONGER  
THAN YOU THINK  
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