



NARCISSISTIC DIVORCE

WHAT YOU NEED TO KNOW

TIME TO BATTLE UP

How could you have known? When victims of narcissistic abuse are faced with the biggest challenge of their lives – divorcing a narcissist – they always reach a point of self-blame, wondering, “how could I have not known; how could I have missed the red flags and written off such bad behavior for all this time?”

TRACY MALONE

Founder Narcissist Abuse Support

YOU ARE NOT CRAZY; WHO IS THIS PERSON?

Betrayal, Lies, Cheating, Smearing Your Name, Hiding Assets, Manipulating the Children, Turning People Against You, Confusing Behaviors, Heartless, Scary

OVERT OR COVERT?

An **overt narcissist** is the typical self-centered person that doesn't hide their own self-love or their need for admiration. They demand loyalty and people are pawns for them to get what they need. They are often easy to spot with their "full-of-themselves" mannerisms.

The **covert narcissist** is more like Wonder Woman's invisible plane. On the surface they are loving, caring partners that want the best for you and their child. Beneath the charming façade they harbor jealousy and do everything to manipulate your lives and create division.



HAPPILY, EVER AFTER... MAYBE NOT!

How could you have known? When victims of narcissistic abuse are faced with the biggest challenge of their lives – divorcing a narcissist – they always reach a point of self-blame, wondering, “how could I have not known; how could I have missed the red flags and written off such bad behavior for all this time?”

Forgive yourself for not seeing who they really were. There will be much work for you to do to get a better understanding of what happened and heal after you get through this divorce. Please don't get stuck on the, “how could I have missed it” script because you will find it hard to become “battle ready”, and that is where you need to be. Narcissists have a need to always win and, in their mind, winning at this divorce will become a battle, and an obsession. The tactics used by the person you once loved and gave your heart to will leave you in shock, leave you confused, and the level to which they lie will cut to your core.

Stay strong and get the right help, which includes proper legal support, a good therapist or [coach](#) and a [support group](#). If you are in a position where you feel you might be in danger, call 911 or the domestic violence hotline (800) 799-7233.

KNOW THE GAME- TEN RULES A DIVORCING NARCISSIST LIVES BY

RULE 1: NARCISSISTS MUST WIN AT ANY COST - Do not expect them negotiate or settle on even the smallest requests. In their eyes they are the victim and you are trying to take everything from them. Winning things like money, assets, and even children or pets are only a part of the need to win. Winning over you gives them far more supply than stuff, because to them winning is power.

RULE 2: GAMING THE SYSTEM TO MAINTAIN CONTROL - This can be the covert tricks they are pulling on you, the lies and smears to hide what they are doing to game the courtroom. It is important that you be prepared for the filing of a great number of motions, requests for more time and delays, and for them to claim emergencies. Expect them to never comply with the judge's orders. Narcissists have no issues lying on sworn documents, even about things that you can easily prove not to be true; this strategy is a tactic to run up your legal bill trying to prove that they are lying.

RULE 3: KEEP COMPOSURE AND CHARM THE JUDGE - The judge is watching both of your performances in the courtroom. A common trick narcissist pull before a hearing is to do something: make false accusations to wear you down, or to make you angry or sad. While you struggle in the courtroom to fight the lies, they stay composed and reasonable, so the judge sees you as the crazy one and them as the reasonable one.

RULE 4: FILE ENDLESS MOTIONS - To wear down your legal team and judge to distract from what they are really doing and from what is really going on.

RULE 5: CREATE FALSE ACCUSATIONS - Rinse repeat – expect them to attack the things that you are most likely to protect. If you are a great mom or dad, they will accuse you of neglect and abuse. Do not be fooled, they don't even care if you are a good parent, they just need to be the better parent. They often fight for the children, not because they want them, but because you do. Remember rule one – they must win.

RULE 6: NO EMPATHY WILL EVER BE SHOWN - Narcissists cannot look at how their actions will affect you; nor do they care, because all they can care about is their own point of view and how to win so you can lose. I heard somewhere that during a divorce you can expect them to indulge in what military strategists call a 'scorched-earth' policy which is to leave nothing left standing in his or her wake and take no prisoners. From personal experience I can say this was my ex-husband's goal.

RULE 7: RUN UP THE DIVORCE BILL WITH FRIVOLOUS FALSE CLAIMS - The game here is to outspend you and ruin you financially. A fact a lawyer recently shared with me is the amount of divorce cases where the narcissist's legal bill gets run up and then they refuse to pay. Much like s/he has no interest or responsibility to pay you anything, in their eyes, the lawyer didn't do his job if 'he' needs to pay them, so they often skip out on payment forcing the lawyers to incur additional costs to fight them for the balance. I saw this firsthand with my last narcissist. He owed dozens of attorney's monies. His tactic was to run up the bill, blame them for not doing the job, not pay them and then hire the next lawyer to jump in without any intention to pay them either. It's a game for them.

RULE 8: NEVER WALK AWAY FROM THE BATTLE - The narcissistic injury that occurs during a divorce is something that comes back like a festering wound that never heals. If you have children with this narcissist it is more than likely that they will keep on using the court system to resolve any real disputes, as well as to create new ones. Often the reasons are a lack of communication, or not sharing the children's schedule and activities or appointments with the other parent; these are reasonable requests to a normal divorced couple, not in a narc-war.

RULE 9: ACTIONS REALLY DO SPEAK LOUDER THAN WORDS - Don't blindly listen to what your spouse says. Watch what your spouse does. Don't trust promises that they will "do the right thing". My goal here is not to scare you, but to make it clear that divorcing a narcissist is not like a normal divorce. Normally it's ok to assume the best, but in this case, you must prepare for the worst. Your future and your children's futures depend on you being strong and educated.

RULE 10: IF YOU ARE FINDING OUT THAT YOUR SPOUSE HAS LIED TO YOU, REMEMBER THAT! - They have only just begun as the lies to the court will be done under oath and they simply don't care if they get caught or charged with perjury. They believe they can charm themselves out of anything and judges are used to "he said/she said" lies. Your best tactic here is to document everything; you bring the proof to dispel the lies. Judges love this because it takes it out of the "he said/she said" world into reality. Ask the advice of your lawyer before spending endless hours proving something that will not matter. A lawyer will point you in the right direction to pull evidence that can be used.

UNDERSTANDING THE GAME

Narcissists hate to lose at anything, and everything becomes a game. If you haven't seen this yet, stay tuned. Divorce will bring this out in them.

THE VICTIM CARD IS THE FIRST GAME YOU CAN EXPECT



Regardless of who instigated the divorce it, causes a narcissistic injury. They cannot be responsible for the failure of a marriage, so they must start “[*operation smear campaign*](#)” to blame you, call you crazy and accuse you of everything they are doing or have done. The narcissist knows time is of the most importance to convince your family and friends of the terrible things they have endured while married to you, so expect them to try to get to them.

This tactic of getting to your family and friends may very well be covert in the messaging strategy. They might call your friends and family telling them that you have been drinking and that they are so concerned for you. They aren't directly telling them you are a drunk, they are building a dialogue that comes across as caring, but also makes them the victim of your drunken behaviors.

Get to your family and friends early and prepare them to hear from your soon-to-be-ex partner. Listen closely to your conversation with them to see if the narcissist has gotten to them already and be cautious of over-sharing until you have absolute conviction that they are loyal to you only. Expect to lose friends, neighbors, and possibly family, as the line in the sand gets drawn early and often without your knowledge. Narcissistic people have been planning for this since the day they met you. They have identified which of your family and friends buy their bullshit and which ones will always be true to you. Proceed with caution and always be on alert as to whom you can trust until they have proven their loyalty.

A NUGGET OF TRUTH MAKES EVERYTHING SO MUCH MORE BELIEVABLE

My ex-husband told our friends that “I was so distraught that I was threatening to kill myself.” While that was true, he took it one step further telling them I was using this as a tactic to get him back again. I remember a conversation with a close family friend of his; she was accusing me of using this tactic to hold onto someone I needed to let go of. The whole thing confused me, because I really did want to die that night. If not for the suicide hotline that one night, I would be dead. It wasn't a tactic, it was the bottom of the bottom and it was turned into a weapon to use against me, to call me unstable and crazy.

The next narcissist in my life (ex-boyfriend) told our mutual friends not to believe my story of how he had me arrested because I was a such a good storyteller and that I was making it all up. I guess I am a good storyteller, yet this was used against me and that friend never believed the true version of that day; he is no longer in my life. The nugget of truth in their stories can make the lies they are going to embellish the truth with that much more powerful.

THE NEED TO WIN NO MATTER WHAT THE COST

The laws of splitting assets and separating lives is the purpose of a legal divorce. Not when it comes to a narcissist that demands the attention of being the victim. Regardless of the facts, their need to win becomes a life or death fight. Expect no middle ground, no compromises, no negotiations, no mediation and no empathy for your needs or the needs of your children.

Proving themselves right is their goal and using tactics like outright pathological lying is sadly more the narc-normal than trying to make an easy and civil break. Understanding that truth does not have a seat at the narcissistic divorce table is hard to accept, but a reality you must understand and prepare for.

WHAT YOU NEED TO KNOW BEFORE YOU START THE PROCESS

Hire a divorce attorney that understands the battle of the narcissist in court. Do not try to do this alone, unless you have a prenup you are not disputing, you have no joint assets, you have no children together, or you are in total agreement.

Let me be clear here, do not try to divorce a narcissistic person without the right attorney. Do not listen to your spouse as s/he says they will do things amicably; that is just a trojan horse keeping you unprepared for the battle you are heading into. You need to get the best attorney possible to protect your assets, your children and your future. Attempting to do this without a lawyer will put you at great risk because you are unfamiliar with the process, tricks and games that will be pulled on you. This may be the most important thing to learn, so learn it early. Get rid of any preconceived notion that s/he would never hurt you.

The person you married is not the person you are divorcing.

While the idea of finding a lawyer that specializes in narcissists is a great idea, most attorneys do not advertise a specialty of “understanding the narcissistic abuse” so that task will lead to many disappointing calls. Instead seek out recommendations from friends and put calls into as many attorneys as you can to ask them some basic questions.

Contrary to the logic that hiring a “shark attorney” is a good idea, one must remember that narcissists love conflict, they love a battle and they will do anything to win no what matter the cost. Most shark attorneys also love a good battle, so unless you have unlimited money, you need to find a lawyer that can balance the crazy demands with logic and the tools of law to stop the narcissistic divorce train from running you into the financial graveyard. Your lawyer needs to understand when to push the button of law and when not to react. Remember the narcissist’s goal it to get you to react. Your lawyer needs to be your rock.

FIVE TIPS WHEN YOU ARE LOOKING FOR A DIVORCE LAWYER

Not all lawyers will give you a free consultation and if they do, they will not be giving you free advice, so go into a call with a list of questions they will be willing to answer that give you the best information on if this lawyer can help you. This is not the time to ramble about what the narcissist is doing. Save that for your coach or therapist.

1. Ask them if they are well-versed in narcissistic (or cluster B) tendencies, tactics and strategies that narcissists use in court. Ask them what type of tactics they have seen and how they handled them.
2. Ask a potential lawyer what types of strategies they have used that can help you get through the process. Try asking them if they can recommend a good book on divorcing a narcissist; to me this is a test to see if they themselves have done continued learning and if they will be a good resource to support you. My favorite book [“Splitting” by Bill Eddy & Jeff Kreger](#).
3. Something often overlooked, but an important piece that may give you a slight advantage is making sure the lawyer you are interviewing is familiar with the judges in your expected courthouse. While many lawyers can appear in any court district: the understanding of the way a prospective judge works can work to your advantage. If they have appeared before a certain judge before, then they have seen what the judge will allow or more importantly what they will not allow to be submitted. Knowing how to read the judge is an important strategy. As an example, my ex-husband used a shark attorney from another city, but our case was before a judge in a smaller town. His lawyer was unfamiliar with our judge and he tested him, pushed him, and had contempt charges against him six times. Perhaps the judges he was used to tolerated his bad behaviors and performances, but not knowing our judge hurt his case and these tactics generally didn’t work.
4. Ask potential lawyers if they understand the charm of the narcissist. The charm really comes to light in the courtroom and if your lawyer is not familiar with this as a tactic – they have failed the test. The goal of your lawyer will be to be able to see through the lies, smears and see the charm tactic as a tactic and not fall under the spell of that charm.

5. Financial division is always a key part of any divorce. Sadly, this is where the entitlement part of Narcissistic Personality Disorder comes into play. They are entitled to everything and you are entitled to nothing. No accounting for the years you had been together or the fact that you stopped working years ago to care for the family, and no accounting for the needs of their own children. It's all about the money for them. The battle of fighting for half the assets, which is the law in most states, is usually not something they want to do, so the battle begins. You need a lawyer who will help you create a solid strategy and then will help you execute that strategy step by step, one step at a time.

Even before you seek the hiring of an attorney, gather everything you can that might be needed. Financial assets are key to this process, so gather statements, check with your bank to determine how you will be able to access the amount of years of records you will need. Some online banking features allow you to print out statements for a few years, but you may need to order older years' statements directly from the bank and these can take time.

Note: if you have no access to these joint accounts or statements online go to the bank and request that they get them for you. Either party can usually close a joint account without the other party knowing; this is a common tactic by abusers to make it more difficult to get the statements required for the divorce process to begin. Get to the bank early and print everything you will need. Doing this work will make the process go smoother and save you money. Retirement accounts, properties owned, jewelry, cars, boats and off-shore accounts will also need all documentation.

TIPS TO GET YOU THROUGH

1. **Plan your divorce battle strategy with your lawyer** – what do you really need, what are you willing to fight for and what are you willing to give in exchange for that need. It's sadly about giving them enough that they think they won, and they can walk away feeling like the hero... gag
2. **Find support** – get to a properly trained therapist or [coach](#). And look for [local support groups](#) for people dealing with this exact situation. Join my [Facebook group](#) and meet 9000+ people that have been where you are now and usually have so much advice from the lessons, they learned that they share freely.
3. **Keep your cool** – don't let them drag you into that fight on the phone. Remember a common trick is for them to record you acting crazy to use against you. Stop fighting and let the law handle this from now on. "[No contact](#)" is the healthiest for you but "[Grey Rocking](#)" them will protect your sanity. If they are verbally abusive, record them, but first ask your lawyer for the laws in your state so you can determine if the court would even listen to or use the recordings. [There are a few states that it is illegal to record](#), so be careful and smart and don't give them something they can use against you.
4. **Get everything in writing** – if you can limit contact to no phones, no texts and just have contact through emails you will be better off. If you can do this your life will be a little bit calmer throughout the process.
5. **Keep copies of everything** – to avoid the typical warfare in court – bring the documents so the judge can determine the conflicting stories. If you are the one without the proof the narcissist will walk all over, you.
6. **Find super-power strength** - Understand that this stupid and long process will eventually end and that you just need to get through this with the power of a mother lifting a car off her child. You need that strength because in many ways you are fighting for your life against a person who is out to destroy you in every way possible.



WHAT DO YOU DO NOW?

I believe that people come into our lives for a reason, and both good and bad experiences bring us lessons we must learn. If we don't learn the lesson, life tends to repeat itself until we finally learn that lesson. That said, it is usually the more difficult lessons, the ones that scar our souls, that are the hardest to understand and heal from. These lessons, while extremely painful, are here to warn us, teach us, and enlighten us to the fact that not everyone is created equally or meant to stay in our lives forever. A mistake that many people make when it comes to understanding these lessons is that they think doing something repeatedly is learning the lesson, while in fact we are just repeating familiar patterns. Learning how to protect yourself from ever letting this happen means doing the work, educating yourself and changing things about yourself.

FIND SUPPORT

<https://narcissistabusesupport.com>

TALK TO ME

<https://narcissistabusesupport.com/narcissistic-abuse-coaching-sessions/>

It is fair to say that most people have a physical scar somewhere on their body. That scar had a story, the story of when you fell out of a tree and broke your arm. If I were to ask you the day you fell out of that tree to describe your story it would be filled with emotions and drama. As time passes the story fades, but the lesson is still there. Perhaps you learned to be more careful or wear proper shoes when climbing a tree; it was a lesson and that scar reminds you of it.

When we encounter someone with narcissistic personality disorder, people often get wounded, hurt and broken. Victims live through abandonment, betrayal and disappointment and there is a healing lesson to be learned. A lesson can simply be to understand what happened or the lesson we must learn is to protect ourselves in the future from never letting this happen

again.

Like that scar, the pain from this emotional abuse will be forgotten in time and the lessons will be what remains. Your job is to educate yourself to understand everything you can about this type of personality disorder, so you can learn the lesson and never have it repeat again.

Sadly, most victims of narcissistic abuse get stuck in a cycle of attracting the same type of person and the cycle continues. The "story" often told to survivors is that they are attracting them. The truth is you were prey, being hunted because of your vulnerabilities and what type of supply you will make. The formula is simple: since narcissists are takers, they look for givers.

If you are ready to understand what your vulnerabilities are and if you are ready to break the cycle, I would suggest that you take my online workshop called "Change the Story". Your wounded story gives the clues to a new narcissistic person that attracts them to begin this cycle again with you.

Healing from emotional abuse is not something you can rush; there is no 'Betty Ford Clinic' to check into to get fixed. Each person's wounds are different despite the similarities of the abuse, so each person's prescription for their recovery journey is different.

Stop the cycle for you and your children. I am living proof that the stories fade, and you can create new chapters in the story of your life.



CHANGE THE STORY WORKSHOP

Victims of narcissistic abuse stories are all different and yet so similar. You have endured verbal abuse with lies, gaslighting, underhanded tricks and general confusion of the abuse.

You might have a terrible story and have good reason to hold onto the full-blown crazy story. I get it, but if you want to heal, you need to learn a new skill to control the triggers and protect yourself. Every time you share the crazy drama with someone, you risk getting triggered and causing the cycle of abuse to hold you stuck in that place and time. In this workshop, you will learn how to take control and CHANGE the story.

To be clear, you are not sweeping your story under the rug. You are not denying what happened. You will learn skills to extract the lesson and shorten the story, so it doesn't throw you back into the pain cycle. A story has the power to hold us in that story and live in that time as if it was today. The opportunity to create a new life (new chapter) is not possible because we are busy reliving the pain and horror from the wounds of abuse.

A WOUND STORY ATTRACTS NARCISSISTIC PEOPLE. If you are one of those unlucky survivors that keep repeating the patterns by being in relationships with narcissists, you need to understand that your story is the magnet that drives them towards you. You aren't picking them they are picking you and you gave them everything they need to abuse you again!

LEARN HOW TO HEAL

<https://narcissistabusesupport.com/stories/>

In this course you will learn:

- The six reasons your story is hurting you
- What secrets your story is revealing
- What are 'Green Flags' and why you should never give anyone the ammunition to hurt you
- What vulnerabilities your story shows
- What assets you have that made you a perfect supply and how not to be targeted for those
- How important it is to understand the "lesson" and how to find it
- How do you rewrite the story? You will be provided with over 50 examples of survivor's stories to illustrate how you can rewrite your story.

I am very proud of this workshop. There are six videos with worksheets to help you craft your new chapter.

I have been teaching and perfecting this workshop for many years and I am finally able to bring it into your living room. These skills are simple once you understand the concept. they will free you from triggering yourself and all your friends and family. When you change the story, your friends will have their friend back and you too will notice a change right away.

Check out this workshop - <https://narcissistabusesupport.com/stories/>



ABOUT THE AUTHOR

Tracy Malone is a surTHRIVER who is passionate about raising awareness on the subject of Narcissist Abuse Support. She is excited to share the empowering hero's journey story of how she turned her life around to help others do the same.

Tracy Malone is the founder of NarcissistAbuseSupport.com, a global resource for victims from more than 145 countries. In addition, she created a support Facebook group for victims of narcissistic abuse with more than 8,000 members. She is a popular and well-respected YouTuber on the subject. Her channel has now reached more than 1,300,000 survivors; her work can also be found on her podcast.

Tracy's website concentrates on educating survivors and leading them to the resources they need to heal. Her passion is coaching survivors with a compassionate understanding heart. Tracy has been successfully running two in-person support groups. She understands the important value of finding community to heal, so her website maintains a support group directory as well as state by state domestic violence agency listings where people can get access to counseling, legal services and support.

Tracy is currently completing her first book on divorcing a narcissist and the tricks they pull during the divorce.

LEARN HOW TO HEAL

<https://narcissistabusesupport.com/stories/>

Become more than a survivor. Be a SurThrivers!

FOLLOW THE LINKS BELOW TO RESOURCES.

Visit my website - <https://narcissistabusesupport.com/>

Subscribe to my YouTube channel to listen to the over 400 videos on Narcissistic abuse - <https://www.youtube.com/c/TracyAMalone>

Like to listen to podcasts? Follow me wherever you listen - <https://podcasts.apple.com/us/podcast/podcast-narcissist-abuse-support/id1244854330?mt=2>

Need extra support? Join my Facebook Group <https://www.facebook.com/groups/getnarcissistAbuseSupport/>

Download my Free Red Flags Checklist - <https://narcissistabusesupport.com/free-red-flag-checklist/>

If you are struggling and want to know what to do next, I suggest my coaching sessions. Every session is geared to educate, validate, and get you started on healing. I coach people by video all over the world; it's your turn.

<https://narcissistabusesupport.com/narcissistic-abuse-coaching-sessions/>