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In my book on “Divorcing Your Narcissist: You Can’t Make This Shit Up!” I lay out the ‘hues of grey’ in a divorce decree and I want to explain that to you as it applies to the parenting plan. Narcissists see everything in black and white you are either good or you are evil, they either love you or they hate you. They always need to feel more important than you and they must have control. When things support them, they see things as okay. When they get that wounded ‘someone is taking advantage of me’ feeling, the claws come out and they vow to make it as difficult for you as possible.

It also makes no difference if you are the primary breadwinner or the stay-at-home parent because the protections you are looking at are designed to empower you to include the details a narcissist spouse will exploit and for after the divorce is final to keep you out of post-divorce court fighting for what was already awarded to you in the decree.

The most successful parenting plans are worked on together with both sides discussing and finalizing the guidelines for every decision in your children’s lives. With a coparenting situation with a narcissist this ideal planning session often is met with control, anger, and disagreeableness. What I am suggesting is that you will be met with objections either now while you are planning or on the other side as you fight over every detail over and over later. Think of every element that you can solidify and include in the parenting plan as one less battle, and less drama for your family later.

Child and parent relationships – visitation issues

Your parenting plan can protect your child's relationships with both parents. You can include information about telephone and video calls and other communication between the child and the parents.

- How often will they communicate with the other parent?
- How will they communicate, facetime, phone, video?
- Will the child be able to have a phone when at the other parents’ house?
- Will they promise not to take the device from the children in case you need to contact them (know that a rule like this must apply to both sides)

- If the children are young, you may be the one setting them up in front of a computer or phone. At what age can your children take responsibility for making the calls on their own?

I have seen so many mistakes in this arena.

- **Demanding that you are the one to make your children call the other parent** is one of them. If they are supposed to talk to mommy at 7pm every night instead of you being forced to nag and chase down the children and make them call – think about making the parent expecting the call to be responsible to call them. This alleviates you being blamed when your 16-year-old doesn't call. Narcissists are blamers and they will blame you always. Putting the onus on them to call at the correct time simplifies things. If your children are young you might need to set them up in front of a computer or make sure they have a phone they can answer when daddy calls.
- **Frequency of call is another mistake commonly made.** I know you miss your children when they are away, the pain at first can be overwhelming but be flexible to the time they spend with your ex and demand the same respect for your time. These are the things you need to get into the parenting plan.
- **Time of calls need to be liquid as the child grows** – a four-year-old is home making calls at night easier, but what about the 16-year-old that is off at cheerleading practice. Be open with communicating with your ex that when your daughter signs up for cheerleading that the calls will need to be move to another time and ask them for what works.
- **Length of calls** – keep the length of calls within reason for the age of the children. Having to force a four-year-old to sit in front of zoom for an hour each night is unfair to the other parent and child.
- **Not documenting the missed calls** – if your ex is supposed to call at 6pm and never does you need to document on a spreadsheet that shows date and the fact that they didn't call. So often in high conflict coparenting situations one parent misses all the times for child contact and then blames you for keeping the children away. Document in the spreadsheet and via email to them so you have a paper trail against the false allegations that could happen.

- **Timing of the calls** – consider sports, activities, mealtime, bath time, bedtime. Be flexible as your children grow and discuss it with your ex that things might need to be adjusted on certain days or due to a new activity, a practice, or event.
- **Make up call time** – if the other parent s due to speak with the other parent and a time must be rescheduled – what is your parenting plan for makeup time?
- **Communication that a call isn't going to be possible due to activities for a specific day must be put in writing to your ex to avoid the false allegations that you are keeping the children from them.** Avoid the PAS assumptions and accusations by covering yourself. Nothing pisses off a narcissist more than being ignored and if the communication is not open and timely the reign of verbal abuse can escalate. Email is king here over texts because it is more easily timestamped, if you have a parenting app that you will be working with use that always.

You can also specify that each parent will encourage the child to have a good relationship with the other parent, that neither parent will speak negative comments about the other parent in front of the child, and that the parents will not use the child as a messenger.

Going through a divorce can be an emotional time, but going through a divorce with a narcissist can make your head spin as you ask who is this person? The tricks you will soon find out will be pulled on you are crazy. I am writing a book that will be published soon. It's called

'You Can't Make This Shit Up! The covert tricks a narcissist pulls during divorce and the strategies to be a surTHRIVER'

If you need to understand what is going on or emotional support to get through this I am available to coach you through this.

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

Good luck with your divorce. I promise it will eventually end 😊

Tracy Malone

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