

narcissist abuse support

1. **Don't call them a narcissist.**
2. **Magical thinking** that things will be ok and that they “know” their ex and they wouldn't do anything to hurt them.
3. **Believing justice will be served** – Not in family court! No just in justice.
4. Thinking if they **walk away from everything** that life will be easier.
5. Fighting battles that don't need to be fought.
6. **Believing the gaslighting tactics** – “there is no money” - “you will never see the children” – “You aren't entitled to anything “ – “No judge is going to give you the kids”.

7. Falling for the trojan horse – pretending to be nice to get you to settle quickly. BEFORE DISCOVERY!!!! Never! **Another common trojan horse** is “**they will go to therapy with you to fix it.**” This is always used to give you hope and to stop the battle. But more often used to get their **ducks in row** (meaning *hiding assets* or *lowering their income*, or *taking out Home equity loans* that deplete your investments.

8. Not planning for the children as they grow – parenting plans that do not plan for the future. Are never good because the narcissist will change the rules every year. More court fighting later.

9. Not planning for the grey areas - these bookending tactics must be put into degree.

10. Details and consequences - What if they don't clause.

11. **narcissist abuse support** **Not leaving wiggle room for negotiation** – best offer first – doesn't work with a narcissist.
12. **Not knowing their rights** – Parenting guidelines.
13. **Not building a support team** – coach or therapist or support group to ground you from the crazy that will happen.
14. **Staying in mediation too long** – If it doesn't work and they refuse to budge walk away – nothing will ever happen.