

# DIVORCING A NARCISSIST CHEATSHEET

## Plan and prepare



Have money on hand (a war chest). You may need this money for living expenses while the divorce plays out and you will need funds for legal fees. Make sure you have good credit in your own name. Get your financial paperwork together. The narcissist will likely hide and withhold information so if you can compile it before discussing divorce, that is ideal. Don't keep copies at home

## Get a team together



- Ensure you select a lawyer/solicitor who understands NPD
- Have personal support from a best friend, family members and even online support groups so you don't lose your grip on reality as the narcissist begins their campaign against you
- Get support from a therapist/coach who understands not just NPD but the court process as you will be put under enormous emotional pressure

## Establish and maintain boundaries



- Keep direct communication with the narcissist to a fact based, dispassionate minimum. Email is ideal
- Don't respond to the narcissist's behavior
- Stop feeling, start thinking.
- If necessary communicate only through lawyers or a trusted third party

## Take care of your emotional health

- Divorcing a narcissist is a nightmare and one that will take it's toll if you don't prioritise your own well-being. Getting a therapist who understands the situation can help to reduce your anxiety and help you manage your emotions so you don't respond and fall prey to their attempt to bait you



For more support, contact [www.thenurturingcoach.co.uk](http://www.thenurturingcoach.co.uk)

**THE NURTURING  
COACH**