



Tips from the **Divorce Support Club**

Red Flags & Buzzwords

1 What is narcissism?

Everybody has a certain amount of narcissism in them. If to put it on a scale 1-10, 1-6 can be a healthy amount of narcissism. It can help you set boundaries and put yourself first. However, 7-10 is where narcissism starts to become an issue. There are four different types of narcissists.

The Exhibitionist

They may come across as charming, successful and funny but will also be critical, impatient and controlling.

The De-Valuer

They are often very jealous people. They will ridicule you and put you down. They have to win.

The Closet Narcissist

They are in desperate need of admiration, they will play the victim and are highly manipulative.

The Communal Narcissist

They come across as good and generous, but they will be highly territorial and controlling.



2 Controlling behaviour

Controlling behaviour comes in many forms. It is important to know what to look out for.

> Isolating you from friends and family

> Monitoring your online behaviour

> Love bombing

> Gaslighting

> Monitoring what you spend and earn



3 Divorcing a narcissist

When divorcing a narcissist, especially those who will do anything to win, it may be better for your mental health to settle outside of court, even though you will receive less than you would if you did go to court. Here are a few tips:



Knowledge is power - see a solicitor for advice, even if you might not use a solicitor

Be as dull as possible - only answer what needs answering:

Print an email

Cross out anything that doesn't need a response (e.g. insults)

Highlight what does need a response

Find at least one point that you agree with.

4 Set boundaries

It is important to set boundaries when communicating with a narcissist.

Limit
communication

Set up a separate
email/inbox
specifically for your
communications

Document
everything

Be clear about when
you will respond



5 Noticing **red flags** in new relationships

- Listen to your gut
- Know who **you** are
- Do they respect you saying no?
- How do they treat others?
- Do they refuse to communicate when upset with you?
- Are they on and off with you at the start of the relationship?
- Did they love bomb at the start of the relationship/after you've had an argument?



6 Can you **trust** them?

Knowing whether or not you can trust someone, especially someone new, can be challenging. Brené Brown uses the acronym BRAVING to know whether or not you can trust a person.

Boundaries

Reliable

Accountable

Vault

Integrity

Non-judgmental

Generous

