

Tips from the Divorce Support Club

Red Flags & Buzzwords

1 What is narcissism?

Everybody has a certain about 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:



Walker Family Law 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

Walker Family Law Document everything

Be clear about when you will respond



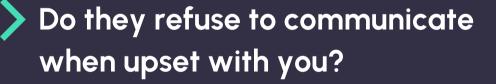
5 Noticing red flags in new relationships

Listen to your gut



Do they respect you saying no?

How do they treat others?



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.

Boundaires Reliable Accountable Vault Integrity Non-judgmental Generous

