



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



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