

DIVORCING A

NARCISSIST

THINGS THAT YOU SHOULD KNOW
BEFORE YOU START

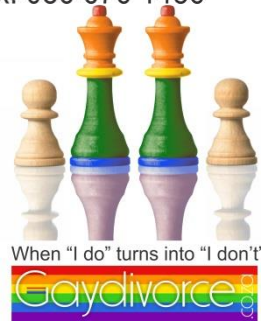


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INTRODUCTION AND SOMETHING ABOUT THE AUTHOR

"Everything we do, we believe in challenging the status quo. We believe in thinking differently, out of the box. The way we challenge the status quo is by making our services evolve around you, the client, being innovative in our thinking, supportive, fair and being part of the solution when the challenge of a divorce presents itself. We just happen to be great divorce attorneys as well. "

Having been in legal practice for nearly two decades, I have been confronted with numerous questions that client's usually ask during or even before a first consultation. And having been in the courtroom on a daily basis we have witnessed a very special kind of person, either during consultations and negotiations or even the courtroom: the Narcissist. This e-book is a result of those questions to shed some light on this journey that you are about to embark.

The divorce laws in South Africa might be complex and difficult to understand at times, but rest assured that we will guide you through these challenges to ensure that your rights are protected, that you are treated fairly and to reach that win-win situation: after all, at one stage or another your (soon to be former) spouse was exactly what you needed. But needs change and life does go on, so when the "I do" changes into "I don't", we will be here for you every step of the way.

After reading this e-book, you will be familiar with among other things:

1. The road forward and the steps that you would need to take to start the divorce proceedings;
2. You will be afforded the opportunity to choose (with legal guidance) the route you want to follow in the divorce proceedings bearing in mind the narcissistic personality of your spouse ;
3. You would have some understanding as to your rights and what you are entitled to after the divorce;
4. You would have a deeper understanding of the divorce procedures and how to equip yourself with all the necessary information to make this journey as little challenging as possible.



About the author: **Eugene Opperman** is the founder of Oppermans Inc which was established in 2000. Prior to his admittance as attorney of the High Court he graduated at UOFS obtaining a B.Proc. degree and subsequently his LL.B. degree through UNISA. Post graduate studies include an Advanced Diploma in *Medicina Forensis* and an Advanced Diploma in Business Rescue Management. He is a Commissioner of the Small Claims Court (Helderberg) and a Court Annexed Mediator (Civil and Commercial). He has strong ties with the community doing *pro bono* work at the Crisis Centre and many other NGO's.

And finally,.... He is an (ex) divorcee and have gone through the process personally.

The co-author and language editor is **Maartin Oliver** and has been employed as candidate attorney at the firm since 2015. He is currently finishing up on his LL.B. degree through UNISA and has a great interest in Family Law and related matters. With his calm and rational demeanour he brings a special empathy and understanding to the table when dealing with any sensitive Family Law related matters.

WHAT IS A NARCISSIST?

To get to the core of Narcissism one must understand that for a Narcissist it is all about his or her own perceived importance or standing in society. It is all about the Narcissist and other people's feelings or value will not be taken into consideration.

It is the norm for a Narcissist to take advantage of other people or their situations as the Narcissist truly **believe they are superior to others** and therefore they can do as they please with their manipulative tactics.



A Narcissist will only be happy if they are better off than the person they place their target on and such a person will get extremely jealous if such a person achieves even the slightest success.

Narcissism can be seen in a great variety of people in varying degrees. One can have a few Narcissistic characteristics, like most of us do, or be on the total opposite end of the Narcissistic trade spectrum.

Most people with a few Narcissistic categories live a fairly normal life, but the moment a person leans towards the other end of the spectrum and show more extreme Narcissistic characteristics it will be difficult to deal with such a person on an ongoing and more regular basis.

Narcissistic people are **master manipulators**, for this reason you, as the object of their fixation, are often the last person to realise the existence of such a condition. It is all about the Narcissistic person, regardless of the consequences for any other person involved.

Often this characteristic surface during divorce proceedings. It might in itself be the reason for the pending divorce, but usually divorce brings out the worst in people and it is at this stage that Narcissistic characteristics appears at the surface. Few people in such a situation grasp that this is not entirely new behaviour, it's most likely just the first major trigger that showcased this behaviour.



A traumatic life occurrence such as divorce will not trigger Narcissism; it will merely worsen the Narcissist's behaviour as the behaviour was present all along.

HOW DO I KNOW IF HE / SHE IS A NARCISSIST?

There is no fixed recipe to identify and or diagnose the 'ideal' Narcissist. Most cases of Narcissism aren't exactly what we can call textbook cases. Certain **characteristics** are more prevalent in Narcissists than others, but if a person display at least five of the following characteristics on an ongoing basis there is reason for concern.

The characteristics are as follows:

Lack of empathy towards others

When your spouse simply cannot put himself/herself in somebody else's position it is a clear sign of lack of empathy. Behaviour will seem cold-hearted and distant. The spouse you know at home and the spouse he/she is portraying to be in public is not the same person.

A sense of self-worth

Exaggerating accomplishments and lying to put him/her in a better light is quite common under narcissists. Any other person will have difficulty in understanding what gain the Narcissist obtain with the seemingly unnecessary lies, but the Narcissist will start to believe his/her own deceitful lies as being the truth.



A Sense of Entitlement

A Narcissist will always expect preferential treatment. It doesn't matter where he/she is or what the circumstances is. It is all about the Narcissist and his/her wishes. If you, as the spouse, dares to 'neglect' him/her the Narcissist will become extremely unreasonable.

Idealized fantasy

Your spouse will have his/her own ideas about the perfect and ideal world. This includes everything from how your household is run to what you may or may not wear when you leave your house. Your Narcissistic spouse may have placed you on a 'pedestal' in the beginning of your relationship, but later on in the relationship the Narcissist will keep finding fault with your characteristics that he/she considered once so perfect seeing as it will not fall into his view of the perfect and ideal world anymore.

Superior attitude toward others



A Narcissistic spouse will always be the best, will always know the best and will always have the best. People who can't keep up with this is simply not worth of his/her time or energy as the Narcissistic spouse will only associate with people he/she believes to operate on the same high level. This can range from driving only a certain brand of car, living in certain neighbourhoods and attending only the best universities.

Need for Acknowledgment from Others

Any acknowledgment or recognition will be like fuel to fire for a Narcissist. The more recognition the Narcissist receive the more recognition he/she will crave. The Narcissist is jealous of others and may even get enraged when he/she learns about other people's acknowledgments.

Exploiting of others

Stepping on someone's toes or walking over him/her is quite common behaviour for the Narcissist. They will do it without even giving it a thought as he/she will see nothing wrong with such behaviour. They will simply justify their actions as getting ahead.

Compulsive lying

Narcissism and being a pathological liar almost always go hand in hand. Complex exaggerated stories of half-truths will be at the order of the day. They will lie simply to justify their behaviour and if the Narcissist gets confronted with their lies they will react by showing extreme anger. Even if they know you caught them on their lie they will still justify their actions and lies.

Violence

Periods of uncontrollable rage is at the order of the day. This may range from screaming fits to breaking stuff or physical violence. Afterwards the person will usually be extremely apologetic and try to make up for their anger by making empty promises. This is a pattern that will repeat itself time and again.



It's always a very good idea to find an attorney that is familiar with Narcissistic behaviour.



RULES FOR DIVORCING A NARCISSIST

The first rule of divorcing a Narcissist is that the rules will differ substantially from the rules in a relative 'normal' divorce.

In a 'normal' divorce both parties will get angry and then get over it. Unnecessary things are said to hurt each other, but this is just a passing phase and temporary in nature as both parties progress through the stages of grief.



When divorcing a Narcissist **be prepared for the biggest concert of your life**. Your Narcissist spouse will put on the greatest show of his/her life. The Narcissist spouse will assume the role of the victim in order to gain sympathy from others. Such a spouse will use this opportunity to prove to the world that you really are the horrible person that he/she always made you out to be.

Your best strategy in such a scenario is to keep emotion out of your reaction to this. Being emotional will just fuel the Narcissist in attacking your character. It is of utmost importance that you **control your emotions** when dealing with your Narcissistic spouse as the Narcissistic person will already be winning the battle if he/she can tap in on your emotions.

It is of utmost importance to **stand your ground** without focussing on your emotions. The Narcissistic spouse wants you to give up and surrender by just giving in to his/her demands due to your emotional state. It is important to have a strategy and to keep to your strategy no matter what.

There is no fixed recipe to divorce your Narcissistic spouse as personalities differ and no two Narcissists are alike. No source of information will give you all the answers you need when dealing a Narcissist.

Name calling

Name calling might be appealing in the heat of the moment, but do you really want to spend your time and resources on such a futile exercise. Simply calling your spouse a Narcissist will not convince anyone that it is actually true.

Rather spend your resources (time and money) on the formalities of the divorce. **Whether your spouse is a Narcissist or not, the outcome of the divorce will still be the same.** You still need to be practical and make new arrangements regarding living arrangements, maintenance, division of assets, etc.

He or she is in it to win it.

In a divorce there is no real winner. Both parties to a divorce lose more than they gain. The aim of a divorce is a fair and equitable splitting of the joint estate and responsibilities and not to identify a winner and/or loser.



A Narcissist will always see himself/herself as the victim and has no intention of meeting you the middle. For this reason, negotiations or mediation is often futile. The ultimate goal of the Narcissist is appearing as the innocent party in this divorce; who doesn't deserve being subjected to the divorce.

Remember the Narcissist is in it to win it and will not let the truth stand in his/her way in order to win the sympathy of others or with regards to the exact outcome of the divorce.

Don't accept the narcissist's version of history

Divorce brings out the worst in the best of people. The same goes for Narcissists. The difference is that a Narcissist misrepresented himself/herself from the very beginning, while any other person might just show character traits that doesn't usually surface under normal circumstances.

A Narcissist's version of a story needs to be **handled with great caution**, but you still need to stand your ground and deal with it as you need to prepare yourself for court.

Differentiate between fact and fiction

A Narcissist lives in a fantasy world. Everything is fake with very few hints of the truth. They are master creators of an illusion of the truth as they keep on acting to be someone they are not. It is of cardinal importance to see the Narcissist for who he/she really is and for whom she/he portrays to be.



A Narcissist aims to fade the line between fact and fiction by manipulating you into doubting your own value. Your best defence is to stay true to yourself and to refuse to buy into the Narcissist's need to dismiss you.



You also need to be wary of your financial status, whether or not you keep a separate estate or a joint estate. The Narcissist **loves to control** his/her spouse through finances, whether it is to hide certain assets and/or income or to misrepresent the assets and income or lack thereof. If you feel that you only know what your spouse wants you to know with regards to your financial status you are most likely spot on.

It is pointless to try and focus on the good qualities of the Narcissist as he/she will just turn around and exploit your own goodness. In your quest to identify and focus on some of the good qualities of the Narcissist he/she will just confuse you into doubting your own worth.

Backups

It is easy to edit electronic communication. Your Narcissist spouse will be well aware of this. Your text messages, e-mail conversations, voicemails and all other mediums of communication to and from your Narcissistic spouse can be edited to suit his/her needs in their quest to belittle you.

For your own security and safety, it is best to **make backups of all communication**. Your Narcissistic spouse will not have much to work with if he/she is confronted with



the truth and original texts. Keep your backups in a safe place where your spouse will not be able to access it.

Keep your communication with your soon to be Narcissistic ex to a minimum and try to avoid personal confrontations at all costs as this will be an easy target for the Narcissistic partner to provoke you in front of witnesses which might turn out to be in his/her favour.

It is also beneficial to capture proof of any aggressive or abusive behaviour of your spouse before you file for divorce, otherwise your soon to be Narcissistic ex can delete all incriminating evidence beforehand.



Document every single conversation with your spouse and try to have a witness present at all time. The Narcissist **will change his/her story** so many times that you will start doubting your own sanity. The only way to combat this is by documenting every conversation. Keep in mind that you need to keep your children out of this at all cost. It is never a good idea to involve children in your marital problems.

No Mudslinging

Never, but **never get caught in a mudslinging fight** with your Narcissistic spouse. Once you are a part of this, you are on exactly the same level as your spouse. Furthermore, you are actually giving him/her ammunition and leverage against you.

#!&



Even though it's tempting to give your spouse a piece of your mind, it is in your best interest to take the high road and ignore him/her. Stay focussed on your end goal. Stay focussed even when the Narcissist focus on your family and close friends in order to place yourself in a bad light.

No such thing as an amicable divorce



An amicable divorce is impossible, even if you are just a 'normal' married couple going through a divorce. Yes, it is possible, but where emotions are involved it will seldom stay completely amicable.

Confronting a Narcissist with a separation or divorce will trigger his/her deepest insecurities and fears. The Narcissist will immediately enter attack mode and make it his/her personal mission to destroy you.

While no sane person wants to spend years and thousands of Rands being involved in a nasty divorce, the Narcissist is different. The Narcissist will see this as so much more than a divorce, but rather a personal attack on their character and will not go down without a (nasty) fight.

A Narcissist has this misguided believe that he/she is not subject to the law and will instead try to run the divorce according to his/her own set of rules. This will result in the process being more drawn out than necessary. Even if the Narcissist doesn't achieve anything with their attitude, they will take comfort in the fact that they raised your legal cost and fees.

Stick to your initial plan

Your plan might be to divide your assets and to have as little as possible contact with your ex in future in order to move on with your life. For minor children this plan will include visits with the Narcissistic spouse if he/she is not appointed as the primary caregiver.



The Narcissist will have a totally different plan and aim in mind. It's all about win or lose for the Narcissist. All for the Narcissist and nothing for you as the 'guilty' party. Any order made by the court in your favour will be seen as a personal defeat.

As part of your plan, know what you are willing to give up and know what you are not willing to negotiate about. **The key is to keep this information from the Narcissist till the actual negotiations.** If the Narcissist feels that he/she denied you something you wanted to keep, but you were prepared to negotiate about it, it will actually make your dealings with the Narcissist more amicable.

If the Narcissist can't blame you for being the victim, he/she will find someone to blame, even if it is the judge. This will in turn fuel their victim complex and they will thrive on the attention received as a result from it.

Start your divorce proceedings with the end goal in mind and don't deviate from it.

Communicate through Legal Representation



Although not always practical, this is the easiest way to avoid personal attacks from your Narcissistic spouse. The Narcissist will think twice about attacking you through your legal representation. Thus, keep your communication simple and to the point, with no emotion attached to it. **Remember it is not your attorney's responsibility to act as your psychologist.** The attorney is only there to focus on the divorce itself.

This one can be hard to stick to, particularly if you have kids together, when it may be unavoidable. But if you push all communication regarding the divorce itself through your lawyers, you can avoid most of your spouse's attempts to hurt and control you. Keep conversation centred on the kids only, not their custody, nor anything else related to the case.

Narcissists can be alluring, and that doesn't necessarily stop just because you're divorcing so it is best to let your legal representation deal with this.

Do your best to limit your court time

The legal system is a narcissist's Disneyland. They thrive on conflict and court room drama. The same legal hearing that has your stomach tied in knots for weeks in advance,



gives them an emotional high. The problem is, none of the alternatives to going to court are going to work well when you're divorcing a narcissist either. (Another, sorry!) Plus, they are all voluntary. So, no matter what you do, you're likely to end up in court.

While you can't stop your spouse from going to court every other day, you can work on dialling down the drama on your end. **Don't initiate court action unless you have no choice.** When you do go to court, keep your cool.

Be wary of peace offerings



A Narcissist thrives on love and validation from people. As soon as your relationship ends with the Narcissist, the Narcissist no longer gains this validation from you. On the one hand the Narcissist will no longer feel the obligation to at least pretend to be civil with you, but on the other hand the Narcissist may try to change his/her tactic in order to win you over again so that he/she can start all over with the vicious cycle of winning your trust and breaking you down again.

Ultimately the Narcissist **only cares about him/herself**. Any sign of care shown towards yourself should be met with suspicion.

Set and keep to boundaries

A Narcissist will always have the belief that his/her needs is more important than yours. They are more knowledgeable than you and more intelligent than you. Anyone who disagrees with them will be met with extreme anger.

It's all about the Narcissist so they don't understand boundaries and even more so they refuse to respect boundaries.

Your power lays in the fact that you can refuse the Narcissist to cross your boundaries by controlling what behaviours you will allow and what behaviours you will not allow. The key is to not confront the Narcissist when protecting your boundaries, rather simply just stand your ground. In this way you will avoid playing the Narcissist's game with him/her. You can do this by simply letting the Narcissist's attorney know that you will only correspond via e-mail and that all other communication will be ignored as an example.



The importance of standing your ground in a non-confrontational manner cannot be stressed enough because it is in the nature of the Narcissist to keep on testing your boundaries.

Know when to share your rational thoughts

Rational thoughts to a Narcissist are like water from a duck's back. The Narcissist doesn't care about your thoughts and will not listen to you. Your Narcissistic spouse



will have a comeback for every statement you make, and he/she will always have a worst statement in return than the one you made in an effort to belittle you.

Keep your rational thoughts for your attorney and let them speak on your behalf.

Financial Abuse

The Narcissist may try to abuse you financially in the following ways:

- Lying about income
- Hiding assets
- Refusing to cooperate in the discovery process
- Refusing to pay child support or alimony
- Driving up litigation fees unnecessary
- False accusations that needs to be investigated in order to chase up costs



Don't assume that the court will call the Narcissist on his behaviour

Narcissists excel at **charming people**, even more so when they are attractive, successful and financially secure. They charmed many people before and they will attempt to charm the judge as well.

The only way to expose your spouse in court is with evidence. Cold hard facts at its best. Emotional rants will only strengthen the Narcissist's case. Best is to keep quiet till you have your opportunity to lead evidence in court.

Using litigation to gain power over you

While one normally tries to finalise litigation as soon as possible seeing as it is not a pleasant experience, the Narcissist on the contrary will do anything in his/her power to prolong the process of litigation.

The longer the litigation proceedings the longer the Narcissist will feel he/she has power and control over you.

Don't lower to their level

A Narcissist act like a parasite **by feeding on your emotions**. The more drama they can create the better. In effect the more you react to what a Narcissist says, the more the Narcissist wins.

The only way to negotiate with a Narcissist is not to negotiate at all. If you fight the Narcissist you will lose. By controlling your own emotions and by refusing to get



sucked into your Narcissist spouse's mind games, it is the only way to keep your sanity and self-worth during your divorce.

Avoid lowering to their level by only conversing the absolute bare minimum. Focus on practical arrangements you need to make with your soon to be ex-spouse and nothing else. This will significantly decrease the hold your spouse has over you.

Establish a support system

It's normal to need support during a traumatic time such a divorce. Unfortunately, you are not dealing with just a typical divorce. You are divorcing a Narcissistic spouse.

You might encounter friends and family who will not believe you when you inform them that you are dealing with a Narcissist. A Narcissist is such a good actor that it is difficult for people who don't deal with Narcissists regularly to see the signs. It is often easier just to believe what one can see on face value. Take great care in establishing a support structure as you will need this support in the foreseeable future.

It's also a very good idea to find an attorney that is familiar with Narcissistic behaviour. Knowledge is power and with the knowledge your attorney will know how to deal with your Narcissistic spouse during the divorce proceedings.

There is also no harm in seeing a therapist/psychologist. Such a therapist can help you in determining your role in this conflict situation and provide you with the necessary skills to deal with this situation.

Know the Road Ahead



How often will you have to deal with your ex-spouse after divorce? What skills do you need in order to deal with your spouse after the fact? Do you still have factors binding you with your ex such as children?

If you need to deal with your ex-spouse on an ongoing after the divorce you need to be mentally prepared. Do not create an opportunity for your ex-spouse to continue his/her quest in providing that you are an unbalanced and unreasonable human being. If you are reacting emotionally towards him/her you will let the Narcissist succeed in their aim.

Intimidation tactics used by the Narcissist

Bait

A Narcissist will use bait like money, success, power and influence to lure you into their trap. Then when you, as the victim, least expect it the bait will be used against you in an attack. **To accuse you that you only married him/her for their money is quite common.**

Blow-ups

This is purely a diversion strategy. The Narcissist will focus on something totally irrelevant and make a major issue out of this to avoid the real issue at hand if they know they will not be able to stand their grounds with regards to the real issue.



Gifting

There is no such thing as a free lunch. Even more so with the Narcissist. **No gift will be for free and there will always be an ulterior motive behind it.** The more expensive and extravagant the gift the more attention and favour the Narcissist will receive from others.



Intimidation Tactics

A Narcissist will **threaten harm** to get his/her way. It doesn't matter whether it's physical harm or emotional harm, for the Narcissist it is just a means to an end. It is quite common for the Narcissist to alienate you from your support network as your guard will be low and therefore you will be more likely to give in to the demands of the Narcissist.

Silent Treatment

To give somebody the cold shoulder is extremely immature, but the Narcissist will still use this tactic as an effective way to intimidate you. The Narcissist bargains on the fact that the silent treatment will eventually become so unbearable that you will give in to their demands to break the silence.

The end of your marriage is not necessarily the end

The extent of the damage caused by the Narcissist will linger long after your divorce was finalised. To make matters worse is that the separation and subsequent divorce is often worse as the marriage itself as the Narcissist will now go into an all or nothing mode.

If you can identify this ongoing abuse it is best to focus on removing yourself from the situation completely before you make any long-term plans regarding your future. **First heal and then plan your future.**

All is fair in love and war is not a concept your Narcissistic spouse will grasp

Nothing with regards to divorcing a Narcissist will be fair. If you put energy into just how unfair the situation is for you it will just make yourself more miserable than you already are.



Your thoughts will make a huge difference in the amount of pain you feel. If you can shift your focus to your own goals, you will be much happier in the long run.

Your spouse will try to **undermine you in every possible way**, but it is still your decision how you react on this.

Modus Operandi of the Narcissist

A Narcissist will almost always work according to a certain recipe that proved to be effective for him/her before. If you can identify his/her modus operandi you can empower yourself.

It will be difficult for the Narcissist to create a new pattern as they tend to be creatures of habit, so this is an excellent opportunity for you to be one step ahead of them and plan your next move.

Keep the end goal in mind



You started the divorce process for a reason. No matter what promises your Narcissistic spouse makes, he/she will always fall back into their old habits. It might even go better for a while if you decide to give your spouse another chance, as a result of their persuasive techniques, but sooner rather than later you will be back to where you were and wonder why you never went through with the divorce.

Don't get blinded by your emotions and stick to your end goal. You are doing this for yourself and you deserve to free yourself from this toxic relationship.

Keep your attorney in the loop

A Narcissist knows how to act. They are **master manipulators** and actors. Your narcissistic spouse will most likely only show their best side during the divorce process in order to mislead your legal representation.



Educate your attorney by discussing your spouse's tendencies and habits with him. In this way you will be able to formulate a strategy together with your attorney to deal with your Narcissistic spouse. Remember your attorney must work on the information you provide him/her with, so even if they can't identify your spouse's Narcissistic traits straight away your attorney still needs to act on your instructions.

It's also a very good idea to find an attorney that is familiar with Narcissistic behaviour.

Forgiveness

It's your choice if you want to forgive your spouse eventually. It is however of **cardinal importance to forgive yourself.**

Forgive yourself for not seeing through your spouse sooner. Forgive yourself for believing him/her when they made promises to change. Forgive yourself for giving your spouse another chance in the hope that they will change.

Most importantly forgive yourself for your error in judgment.

Stop being so hard on yourself and congratulate yourself that you finally managed to divorce your spouse. You have reason to celebrate. This is a celebration.

Don't be afraid to go back to court



If you are divorced and your Narcissistic ex is not keeping to his/her part of the divorce order whether it is for your children's maintenance, custody arrangements or property that needs to be transferred, go back to court.

You can request the court to enforce the court order and the court will keep your spouse accountable.

You will have to face your spouse again in court, but there is no reason to give up at this stage. You came this far, you might just as well pull through.

Parenting after the fact

Your Narcissistic ex will even try to **hurt you through your children**. This will come at a cost to the children as the Narcissist parent will really not give any thought to your children's feelings.

The Narcissist parent might become the fun parent where discipline and routine are non-existent in order to make his/her house the preferred place of the children.

Another strategy of the Narcissist is to keep on focussing on all your flaws and inconsistencies till the children start focussing on all these characteristics as well, regardless of all your good traits.



If the Narcissistic spouse doesn't get the desired result from a child he/she will start single out the child as disrespectful, ungrateful and rebellious and reward the other children with expensive gifts and treats to create conflict between the children.

Your children will not even be safeguard from your Narcissistic ex's vendettas, so you need to keep a close eye to identify change in their behaviour patterns in order to act accordingly and in time.

Avoid the invisible traps

Any angry voicemail, text or e-mail from yourself to your ex can be used to construct a case of harassment against you. Remember your ex will try to hurt you wherever possible. In his/her eyes they are still the victim.

All communication with your ex is risky so stick to logistical arrangements only. **Keep your side clean at all times.**



Even your kids will see this when they are old enough to understand things better. What better reward can you get than a child choosing your side when he/she is old enough to understand that you always kept your side clean.

Separate family gatherings

Remember you don't have to socialise with your ex anymore. This includes celebrations and birthday parties as well.

Your ex is free to arrange his/her own celebrations with the children, but in order to free yourself for your Narcissistic ex you are under no obligations to invite him/her back into your safe space just for the sake of a celebration or party.

As long as your children know that they can trust you, that they are safe with you and that you will give them room to voice their concerns all can be worked out.

The blaming game



According to your ex **everything will be your fault.** Doesn't matter what the circumstances are, your ex will find a way to blame you.

You will waste your energy in proving the contrary. The best way to deal with your spouse is not to deal with him/her at all. This will loosen the grip they have on you.

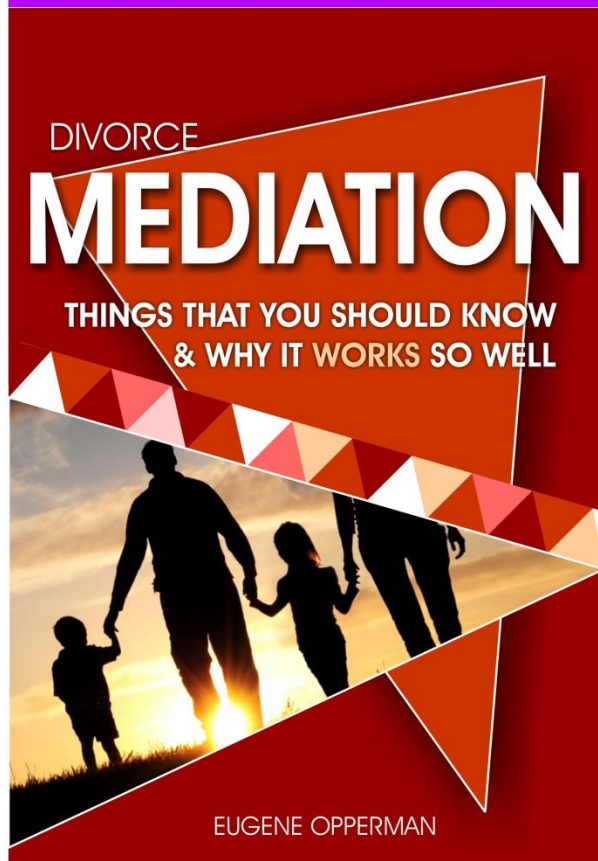
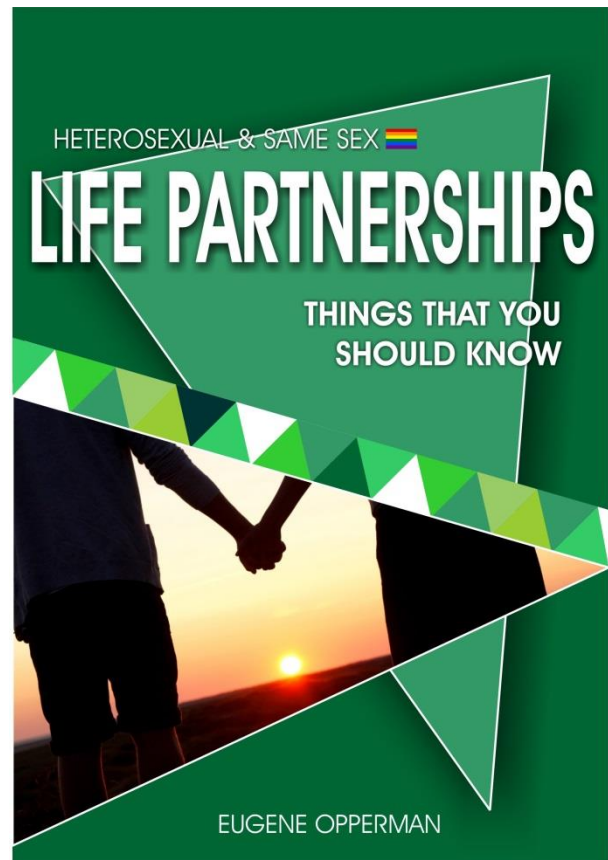
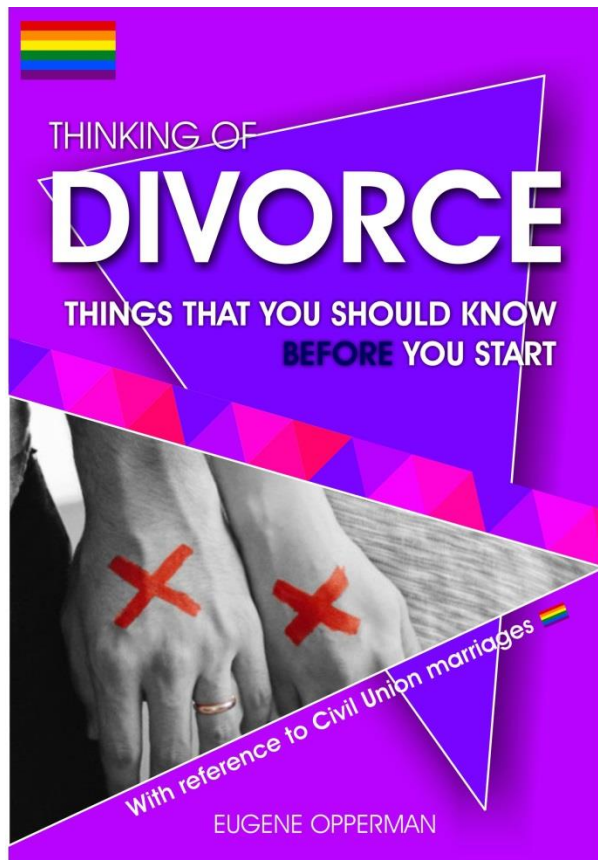
FINAL WORDS

A Narcissist will see it as personal defeat once he/she realises that they don't have an influence on your life any longer.

The Narcissist will try anything to attempt to continue controlling your life, regardless of the cost involved.

Know your own self worth and know that you are better than your ex-spouse. This is your best weapon in defeating your ex. Your ex is not worth any amount of sympathy as he/she will simply use this as an opportunity to gain a hold on you once again.

If you have found this e-book useful, please let us know: eugene@oppermansinc.co.za



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