

GETTING A DIVORCE

FROM A NARCISSIST WITHOUT
LOSING CUSTODY OF
YOUR CHILDREN



By **J. Kevin Clark**

Divorce is never easy, but it's especially challenging when your spouse is a narcissist. If you are divorcing a narcissist, be prepared to fight to protect your best interests.

Why is Divorcing A Narcissist Challenging?

Most narcissists share a number of different personality traits that can complicate the divorce process, including:

- ❖ Sense of entitlement
- ❖ Exaggerated sense of self-importance
- ❖ Expectations of unwavering loyalty and compliance
- ❖ Manipulative tactics
- ❖ Need constant admiration and recognition
- ❖ Lack of empathy
- ❖ Unwilling to compromise
- ❖ React with uncontrollable and/or excessive anger when things don't go their way



These traits can make every step of the divorce proceedings more difficult – especially when it's time to reach a child custody decision. Narcissists tend to seek revenge when they feel rejected or insulted. If your spouse is a narcissist, they may try to seek revenge by fighting to deny you custody of your children. They often make empty threats and project their own misbehavior at you.

Nothing is more important than the relationship you share with your children; which is why you need to know how to handle this situation. Follow these tips to survive your divorce from a narcissist without losing custody of your children:



Questions? Call 817-348-6723
for free assistance today!



Find out how we can help! Schedule an appointment at
<https://www.fortworth-civil-attorney.com>

Keep Your Emotions in Check

Narcissists are master manipulators. They may never directly insult you in front of the Judge, but they may take more subtle digs at your character in an attempt to provoke you. They want you to react poorly so the Judge thinks you are the one who is emotionally unstable. Don't let them win - remain calm and collected at all times. This may frustrate your spouse, causing them to react and expose themselves in front of the Judge for who they really are.



Document Everything

You will need to come to your child custody hearing with as much evidence as possible when dealing with a narcissist. Did your narcissistic spouse forget to pick up your child for visitation? Did they send you threatening or harassing text messages? Are they emailing your child negative things about you? Organize all of this evidence in a binder and bring it to your attorney so you can show the Judge. A narcissist does not want to look bad., - They can't stand people seeing the truth about them. It is important to document the true facts about their behavior - because these facts will be persuasive to the Judge.



Communicate in Writing

Do not communicate with your narcissistic spouse by phone or in-person. This will give your spouse an opportunity to manipulate your words and use them against you in Court.



Narcissists will regularly try to get you to talk to them alone so they can continue to control and isolate you. Instead, make an effort to only communicate via text or email. This way, everything is in writing so your spouse cannot twist your words or take them out of context.

Comply with Court Orders

Narcissists tend to test other people's boundaries. For example, say your spouse is supposed to drop your child off with you at 5 p.m. under the Court's Temporary Child Custody Order. Your spouse may test your boundaries by dropping your child off at 6 p.m. instead. This may not seem like a big deal to you, but it's their way of seeing what they can get away with. Don't let them play this game - report any Court Order violation to your attorney.



Make sure you also comply with all Court orders. Your narcissistic spouse will use any opportunity to make you look bad in Court. If you make a mistake - they won't hesitate to let the Judge know about it.



Focus on Your Case

Why are you the parent who can protect the best interests of your children? Document the actions you have taken in the past to put your children's interests first. Participating in school activities, taking the children to doctor's appointments and acting as a co-parent are examples of good parenting behaviors.

There is a high probability that the narcissist was not involved in any of these activities or behaviors before the divorce was filed. Narcissists believe they can change their behavior but cannot. A parent who demonstrates co-parenting skills will almost always keep custody of their children.



Hire an Experienced Attorney

Narcissistic spouses typically try to drag the divorce out for as long as possible in order to retain some sense of control over their partner. They may continue to relentlessly fight in hopes that you give in and agree to their demands. Giving into their demands may not be in your best interest.



That's why it's so important to hire an attorney who has experience helping clients get divorced from narcissists. Your attorney will help you stand your ground and aggressively protect your rights. A narcissistic spouse is no match for an effective, experienced family law attorney.



About J. Kevin Clark...

J. Kevin Clark is a skilled family law attorney with over 38 years of legal experience. Kevin takes great pride in working closely with his clients to help them resolve their legal disputes and achieve their goals.

He strives to help his clients avoid unnecessary conflicts by reaching resolutions. If resolution is not possible - he will aggressively fight to protect your family's best interests.

If you are dealing with a family law matter, contact the Attorneys at The Law Office of J. Kevin Clark, P.C. to discuss your legal options.

DISCLAIMER: THE SUGGESTIONS ARE FOR INFORMATIONAL PURPOSES ONLY AND NOT FOR THE PURPOSE OF PROVIDING LEGAL ADVICE. YOU SHOULD CONTACT AN ATTORNEY IN YOUR STATE TO OBTAIN LEGAL ADVICE FOR ANY PARTICULAR ISSUE OR PROBLEM. SEEK GUIDANCE FROM A LICENSED COUNSELLOR TO DEAL WITH NARCISSISTIC ABUSE.

Schedule a consultation
by calling **817-348-6723** today.

Questions? Call **817-348-6723**
for free assistance today!



Find out how we can help! Schedule an appointment at
<https://www.fortworth-civil-attorney.com>