

High-Conflict Relationships

High-conflict relationships can be challenging, whether with a romantic partner, family member, coworker, or friend. Here are some resources that offer insights and strategies for navigating them.

Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder by Bill Eddy and Randi Kreger

- This book specifically addresses the challenges of divorcing someone with a high-conflict personality disorder and provides practical advice for protecting yourself during the process.

Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder by Paul T. Mason and Randi Kreger

- This book focuses on understanding and managing relationships with individuals with borderline personality disorder, offering strategies for setting boundaries and improving communication.

High-Conflict People in Legal Disputes by Bill Eddy

- Bill Eddy, a leading expert on high-conflict personalities, explores how to handle high-conflict individuals in legal situations, providing valuable advice for lawyers, mediators, and anyone involved in legal disputes.

Becoming the Narcissist's Nightmare: How to Devalue and Discard the Narcissist While Supplying Yourself by Shahida Arabi

- This book delves into understanding narcissistic personalities and offers strategies for breaking free from toxic relationships with narcissists while rebuilding your own sense of self-worth.

Difficult Conversations: How to Discuss What Matters Most by Douglas Stone, Bruce Patton, and Sheila Heen

- While not specifically about high-conflict relationships, this book provides essential skills for effectively handling difficult conversations and conflicts. These skills can be valuable in any type of relationship.

The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation by Alan E. Fruzzetti

- This book draws from dialectical behavior therapy (DBT) to help couples in high-conflict relationships find healthier ways to communicate, validate each other, and build intimacy.

Crucial Conversations: Tools for Talking When Stakes Are High by Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler

- Similar to "Difficult Conversations," this book provides practical techniques for handling challenging discussions and conflicts in various contexts, including relationships.

The Empathy Effect: Seven Neuroscience-Based Keys for Transforming the Way We Live, Love, Work, and Connect Across Differences by Helen Riess, MD

- This book explores the science of empathy and provides tools for improving your empathetic communication skills.