

N.Y.B.L. Podcast Ep 192 (What to Expect When Divorcing a Narcissist)

[00:00:00] **Rebecca Zung:** Welcome to another episode of Negotiate Your Best Life. I'm Rebecca Zung. And in this episode, we are going to be tackling another difficult, but very, very important topic. And that is what to expect when divorcing a narcissist. And I have more than 20 years of experience as an attorney in this field. I did high net worth divorce litigation for a very long time.

[00:00:30] It is the only field in which I actually practiced law and I saw it up close and personal for a very long time. So we're going to be talking a lot about that today. And in that same vein, I want to make sure that each one of you has already pre ordered my book because this topic is so important and I know it is so crucial and critical for each one of you.

[00:00:58] The minute that you pre order my [00:01:00] book, the entire manuscript will be available to you. So make sure that you have gotten this, you've pre ordered it. And not only will the entire manuscript be available to you, but you will also get access to a masterclass. You will get access to my private launch team.

[00:01:18] You will get access to, um, uh, my workbook, all kinds of really cool things. So make sure you go to slaythebully.com and get your bonuses now. So, all right, let's Get started. No, no more waiting. What to expect when divorcing a narcissist. So, you know, the old expression, if you fail to plan, then you plan to fail.

[00:01:43] Well, that is magnified by like a million when you're dealing with a narcissist and divorce. I've seen it. Many, many times. I've represented them thousands of times. I've been on the other side of them. I've seen them as opposing counsel. And I've actually had [00:02:00] to deal with a couple of pesky, awful, horrible narcissists in my own life.

[00:02:05] And so I know exactly how the mind of a, of a narcissist works and what the psyche of a narcissist is like in the middle of a divorce. So here are a couple of the tricks that they play in divorce. twisting everything you do or say. So every time you send them a text or an email, or you just speak to them in person, or you communicate with them in any way, or even if you hear, they hear about something that you've said, they're going to twist it.

[00:02:35] They're going to take the parts that you, they like, they're going to cut off other parts. They're certainly not above cutting and pasting parts of texts or emails to make it look like you said something or didn't say something. Um, they'll do whatever they can to make you look bad and them look good.

[00:02:55] Because remember with narcissists, they have no sense of inner value. All of [00:03:00] their value comes from the external. They need an endless amount of what we call narcissistic supply, which is where they are Boosting up their ego and supply can come in the form of good things such as a big house or What I call positive things a great job Um being friends with the right people things like that or it can come in the form of what I call negative things, which is Causing you to feel devalued debased degraded Making you squirm manipulating you They get supply from that as well.

[00:03:37] And so that's what you see happening in a divorce. Because remember for a narcissist, you have no value. Your value when you're in a relationship with them is just what you can do for them and what kind of value you can give to their Endless need for supply. So once you've shown yourself to not want to be in a relationship with them [00:04:00] anymore, even if they are actually in the process of doing the discard, then you have no value left for them anymore.

[00:04:07] So now you're the enemy because when you're dealing with a narcissist, you can't just nicely walk your own direction and, and, and shake hands and just say, well, let's just let the law, you know, dictate what's fair. And we'll just sign something and be on our way and wish each other well. It doesn't work that way with narcissists.

[00:04:26] With narcissists, you're either for them or you're against them. So that's why they're going to twist everything that you do or say. The next thing that narcissists do in divorce is obstruction. So they, it's crazy because there'll be laws in every state and everywhere that you have to provide certain types of.

[00:04:47] financial documents to each other, and it's mandatory. It's required, and they won't provide what's mandatory. They won't provide what's what's required, or they might only pick and choose [00:05:00] what they want to provide. So, you know, if they're supposed to provide 12 months of credit card statements, you'll just see them provide 10 months worth, but suddenly July is missing or September is missing, and then you have to try to go back and try to get it.

[00:05:13] And all of this is just very frustrating. And a lot of times my clients will end up saying to me, how is he getting away with this? How is she getting away with this? Well, I, something that I remind people all the time is that there are no like divorce fairies that just pop out in the middle of people's living rooms and go, Hey, you're not allowed to do that.

[00:05:34] Or, Hey, you're supposed to provide that document. How come you're not doing it? So they're going to get away with it until they can't get away with it anymore. And what happens is. They will no longer get away with it when somebody brings it in front of the judge. Because remember, the only person who has any power to order somebody to do something is a judge.

[00:05:56] No one else or, or the police, if you call the [00:06:00] police, because they've done something criminal. But when you're talking about civil actions, You can just push everything through the judge. So you end up filing a lot of motions and, um, motions to compel and motions to enforce and things like that so that they produce the documents that they're supposed to produce.

[00:06:18] So that's number two trick that they play is, um, obstruction. Another narcissists. Is ignoring court orders and that's kind of what I was just talking about with ignoring laws but they also ignore court orders and and it's just so mind boggling sometimes because You know what? I've seen people do sometimes is early on bill.

[00:06:42] Um, come up with a parenting plan or Maybe you come up with an agreement that's signed that becomes a court order that says you're not supposed to introduce new significant others to the children and you know, lo and behold There they are introducing their new girlfriends or new boyfriends to the [00:07:00] children And that's a violation of of now a court order and so you have to file a motion to get it enforced or Ask the court to issue a show cause order as to why they shouldn't be held in contempt for violating that court order, but they the thing with narcissists is Narcissists are street fighters.

[00:07:21] They will fight dirty and they'll do as much as they possibly can that they think that they can get away with. There's really no bar that's too low or, or no thing that's too far, as long as they're pretty sure that they can get away with it. Or even if they're so sometimes arrogant about it or, or so distorted in their thinking that they think that they'll get away with things.

[00:07:45] Even if. They don't necessarily end up getting away with things. Another thing you see narcissists do is constantly move the goalposts when you're talking about agreements. And what I mean by this is, and listen to me

when I tell [00:08:00] you this, do not send letters back and forth between your lawyers trying to settle the case.

[00:08:06] You'll never settle the case with a narcissist that way. And it ends up just being a waste of your time and money because what happens is. They'll send over a proposal. And even if you agree to 100% of everything they sent over by the time you send over your agreement, they've already changed what the deal is.

[00:08:24] They'll say, Okay, well, yeah, you still have to live up to everything that you just agreed that you're going to give the other person. But now they want more and they're gonna and they're gonna give you less of whatever it was that they were supposed to do and it just constantly changes, constantly changes, constantly changes because they get supply out of making you squirm.

[00:08:43] So while you, as the reasonable person, think that you're working toward a goal of resolving the case. Silly, um, their goal is to manipulate you and make you squirm as much as possible So you actually don't even have the same goals [00:09:00] there So one of the things you will see them do is constantly move that goal post constantly change back and forth Another thing I will tell you is do not use a collaborative process.

[00:09:11] Don't use a collaborative attorney It's a waste of time when it comes to Dealing with narcissists and divorce, and also don't mediate too early. You're going to need leverage before you go to mediation. And another thing that narcissists do as far as tricks and divorce is they start triangulating smear campaigns, getting all their flying monkeys lined up, the people that they're turning against you, um, so that, um, you know, you feel like the world is against you and everybody's believing their lies.

[00:09:42] So, um, that's another thing that they do. Um, and. One other thing that they do is intimidation tactics, scare tactics, try to make you think that you're going to lose your kids or you're going to have no money or be out on the street or that they're going to take everything from you. Uh, they're going to use [00:10:00] the court system as their sword.

[00:10:02] Uh, they'll use the children as pawns, things like that. I mean, as I said, you know, there's really no bar that's too low. They'll do whatever they can to scare the crap out of you.

[00:10:21] Okay, so here's what to do to be prepared. Document, document, document. I cannot say it enough. In your documentation, you will end up

finding your leverage. I promise. Leverage isn't necessarily always this smoking gun. It is usually made up of many different things, such as lots and lots of text messages or figuring out when they didn't show up for the kids and how often and what are the percentages.

[00:10:47] And You know, building, um, a strategy around what kinds of leverage you have. So that's all actually part of my S. L. A. Y. program. For those of you who are familiar [00:11:00] with my program, which is S. L. A. Y. or negotiation with a narcissist and S. L. A. Y. actually stands for having a super strong strategy, having, uh, invincible narcissist is going to do and be two steps ahead of them and focusing on you and your case.

[00:11:16] And so you've got to have this slay method together. But the first part of use getting that method together is definitely documenting every single thing. You can just have the notes part of your phone open, just assuming that you've changed your passwords and all of that. Um, and Just keeping track of absolutely everything.

[00:11:40] The next thing you can do, I just alluded to, is change your passwords on everything, including all your cloud devices, anywhere you have a login, make sure you change those passwords. The next thing that you can do to be prepared if you haven't filed for divorce yet is have a stash of cash available, especially if you are the non moneyed spouse.

[00:11:58] If it's possible for [00:12:00] you to have at least three months worth of cash until you can get to a temporary relief hearing and You know, nowadays, right? It's the courts are a little bit crazy and they're super backed up. So, you know, who knows when you'll even be able to get a hearing. So you want to have at least a few months worth of living expenses, both to live on and also to be able to hire a lawyer.

[00:12:22] So the next thing you're going to want to do is Figure out a plan. Where are you going to be living? Are you going to stay in the house? Is the other person going to stay in the house? Or are you going to stay there together? If you're going to move out, where are you going to go? How are your expenses going to be paid?

[00:12:38] If you decide to move out, make sure that you're thinking about a parenting plan. If you have children, you want to think about all these things ahead of time. One of my clients who actually left a narcissistic husband too early. Said that she ended up having to go back and then he punished her and made it worse.

[00:12:56] And it was so much worse for the next couple of years. So [00:13:00] the next time she left him, she got all her ducks in a row and she knew exactly how she was going to execute it down to the letter. She actually even packed the suitcase and walked out the door while he was sleeping in the middle of the night.

[00:13:12] And she knew exactly what hotel she was going to. She had directed us exactly what time and where to serve him. She knew she was going to be away for at least two weeks after he was served. Then she went and stayed with her mother. She had it all planned out ahead of time. And by the way, she had hired me ahead of time.

[00:13:29] So that's something else that you should be thinking about is hiring a lawyer and getting the right lawyer, somebody who understands narcissism, who's going to be on your side, who's you're going to feel like you have a rapport with, and who's going to go on the offensive for you. Because the nicey nice method, when you're dealing with a narcissist, doesn't fly.

[00:13:50] They just see it as weakness and use it as an opportunity to make things worse for you. You're getting ready to divorce a narcissist. Maybe you're in the [00:14:00] process of divorcing a narcissist and you're scared to death that the narcissist is going to use the court system as a Or what does that even mean that they use the court system as a sword?

[00:14:12] When they go to divorce, they are now in what we call the discard phase. And if you want to know about the three different phases of a narcissistic relationship, which is love, bomb, devalue, and discard, check out my videos on love bombing, devaluing, and discarding. But once you get into the discard phase, it's really the birth of the smear campaign.

[00:14:34] They can start this process. Months and months and months before the divorce, it has even been filed, you know, they just start dropping these little breadcrumbs around to their flying monkeys or to the other people that they want to line up to be on their side because they, they're just. starting to plant these little seeds that there's something wrong with you.

[00:14:56] So for example, they'll say, um, you know, [00:15:00] Mary had a little too much to drink at the party and, and they say that like six months before the divorce was even filed because they're kind of starting to see the writing on the wall. So they just start to say these little things like, Oh, I'm just, I'm kind of worried about her.

[00:15:15] You know, they, they put it in this terms of, Oh, I'm so worried, um, about that person. And then boom, once the divorce starts, they. are now suddenly asking for sole custody or supervised time sharing, or they want a custody evaluation, something like that. And it's like the craziest thing, you know? So I have a situation like that right now with one of my clients.

[00:15:43] He, um, my client is It's the husband and the two of them have, they are in the same exact profession and they even own the business together. They have three children together. They have shared custody. I [00:16:00] mean, you know, even when they were still married, they shared responsibilities. Both of them were, were taking the children to various.

[00:16:09] Sports events. Both of them were making dinner for the Children. Both of them were helping with homework. Both of them were equally involved in the Children's lives. So I crazily thought, Oh, we'll start this case and it'll be no problem since they're in the same profession. We're just gonna be drafting a marital settlement agreement.

[00:16:29] I'm sure it'll just be 50 50 custody. There won't be any alimony issues. But no, she goes and hires a lawyer that Likes to help people use the court system as a sword and weaponize the court system and suddenly the the woman The wife filed a motion for a custody evaluation And now all of a sudden she's withholding time sharing from my client all of a sudden when the case starts He's a terrible [00:17:00] parent he beats The children, he does all of these things when meanwhile, right up until the day that she filed the petition, they were sharing all the responsibilities for the child.

[00:17:12] But now here she is using the court system as her sword weaponizing the court system to gain leverage over my client. to show that she's the one in control, to show that she's the one with the power, to show that she's the one that can make him squirm. Because remember, narcissists need an endless amount of supply.

[00:17:36] Supply is their, their food source, their oxygen. It's what they live on. So they get supply from jerking people around. It sounds like the craziest. Thing. When you're going to try to resolve a case, a divorce case, or any kind of issue, any kind of dispute with a narcissist, and you are a reasonable person, you are not on the [00:18:00] same page because that narcissist is not looking for an ending of the situation.

[00:18:07] The narcissist is looking for a way to continue to jerk you around. So while you're going. Well, this doesn't make any sense. Like, why are we

throwing all this money at this situation? Well, the reason why is because they are enjoying the process. They'll tell you that they aren't. They'll tell you it's your fault that it's taking so long.

[00:18:29] They'll tell you that you are the reason that they had to do all these things. Because they had to save their children by asking for sole custody. save their children for asking for supervised timesharing, but that's not what they really want to do. What they really want to do is jerk you around. I've actually had clients where they were the ones who were the narcissist.

[00:18:52] Tell me I'd rather pay you than her. I'd rather. Keep the lawyer working and doing things [00:19:00] to make the other person miserable than to actually resolve the case. Sounds crazy, but it's not crazy when you know what the motivation is behind it.

[00:19:18] If you are dealing with this and you're seeing this narcissist using the court system as a sword, or you think that they're going to be using the court system as a sword, there's only one way to get back at this, and that is to shift the dynamic. Turn the tables because you're going to feel like you're being pelleted with ammunition all over the place.

[00:19:42] They're going to use every single thing they can in their arsenal to make your life as miserable as possible. So you're just going to be sitting there defending, defending, defending. It's like you're trying to get yourself out of a paper bag. So you only, the only thing you can do is use [00:20:00] my S. L. A. Y.

[00:20:00] method, which of course I have a whole course on S. L. A. Y. your negotiation with a narcissist. But understand that S. L. A. Y. stands for strategy, leverage, anticipating what the narcissist is going to do and focusing on you and your case. And that's the only way you're going to do it. And you need to go on the offensive and maybe even use the court system as your own sword, but in a way that.

[00:20:23] It ethically manipulates the manipulator in a way that makes them think that you are potentially going to be interrupting their source of supply so that they feel threatened because the only way that you're going to get them to. Stop using the court system as their weapon, as their sword to make you crazy and, and use it as a form of getting supply for themselves is by fighting back, is by going on the offensive, is by threatening their source of supply by saying, [00:21:00] okay, potentially you're going to look bad if you do this, that, or the other thing.

[00:21:06] creating leverage against them. You know, inside my course, I gave like 30 different examples of leverage because that's like so important. I also have a whole video on it. So if you haven't checked that out, make sure you check out my video on how to create leverage and what is leverage when you're dealing with a narcissist.

[00:21:24] And we'll drop a link to that below as well. The main thing that you need to remember is they will use the court system as their sword as a weapon as a means to make you crazy. Just expect it. Don't be surprised when they do that. But you need to have a plan, a plan of attack, a plan to fight back a plan that has you controlling the process instead of the court.

[00:21:50] You and I, um, talked about all of this beforehand and one of the things a really, fantastic topic is to [00:22:00] talk about the sneaky things that narcissists do in divorce. And before we even got on camera here, we were like, and they do this and oh, also, and they do that. It's like, oh, we'll have no problem filling an entire episode talking about the sneaky things that they do in divorce.

[00:22:20] So, you know, some of the things, um, are the things that you would expect, you know, like lying and manipulating and scheming, things like that. I mean, the thing is that they're the same people in divorce. They're just like on steroids because they go into full on attack mode. They do, you know, they're always in sort of survival mode, but during divorce, it's full on attack mode.

[00:22:52] Even if the words coming out of their mouth are, let's settle this amicably, [00:23:00] um, we don't need lawyers. Um, there's, there's no need to fight, you know, they'll say that stuff as they're behind your back lining up their flying monkeys and hiding money. Yes. And I have personal experience with all of that as well as, you know, all the different coaching clients I've worked with over the years.

[00:23:27] And I'm so glad you're bringing that up because you should never trust them when the two of you are alone. And they're telling you, as you said, um, we don't need attorneys. Let's just do this pro se. We'll come up with our own agreement. Um, I've seen too many people being destroyed and devastated by doing those things.

[00:23:49] Yeah. I mean, it was funny because, um, When I had a conversation with Dr Romney about, you know, who says they want to fight or don't want [00:24:00] to fight it, you know, when the divorce starts. And I told her that every single person who comes through the doors of my office, almost a

hundred percent, I haven't actually polled it, but I could tell you it's pretty close to a hundred percent says, I don't want to fight.

[00:24:18] I just want this to be amicable. I don't want to spend a lot of money on attorney's fees. Nobody wants to spend lots of money on attorney's fees. And what surprised her was that even the narcissist says that. And I said, of course they do, because first of all, they think that they still have full control over their target.

[00:24:41] And they're going to be able to just jam whatever agreement down their throat that they think that they're, they're going to, or Um, they're just trying to paint a picture, you know, that they're the good person. They're the kind person. They're the, the, the one with that wears the white hat. The [00:25:00] other person is crazy.

[00:25:02] The other person, maybe, maybe even I'll say the other person's a narcissist. Um, or they might say the other person's an alcoholic or whatever it is that they want to say about them. And so. While they're behind even their own attorneys back doing sneaky things, you know, lining up their, their, their flying monkeys, uh, manipulating emails, manipulating, I mean, I've had really bad narcissists, malignant ones who will actually.

[00:25:39] break into people's emails. Like they figure out how to break into their computers through their server somehow. Like, I don't even know. This is way beyond my, um, uh, technology knowledge, but like they'll actually, um, I've had clients say that emails that were [00:26:00] in their inbox. somehow got erased. That does happen.

[00:26:05] And actually that happened to me when I was going through my divorce because my ex and his sister at the time were really good friends with a private investigator and that P. I did not mind doing illegal things. So they planted spyware remotely on my devices. And we're able to get into my emails and would even use my phone as a microphone and listen in on my private conversations.

[00:26:36] I don't think that's as easy as it used to be. Um, and I used to have an android. I don't think it's as easy with it. Um, iphone. But yes, all of that happened to me. So I'm very familiar with that. That's interesting. I never heard anyone say it's easier to break into phone conversations with an android than an iphone.

[00:26:57] Well, this has been 10 years ago, so a lot has [00:27:00] changed since then. Oh, isn't that interesting now? Um So, you know, they will lie. They will manipulate, um, everything you say or do. You can just expect will be used against you. Um, even if it's something mild, um, But they'll also take pieces of text messages and and and manipulate them so that it looks like you said something that you didn't or didn't respond to something.

[00:27:37] I mean, they're not above, you know, manipulating the evidence. Right, and I think it's important for people to accept and understand that if the narcissist sends you an email and you don't respond, a lot of times that can be interpreted as agreement. [00:28:00] Yeah. I mean. The way I suggest people, um, handle that is, you know, if they send an email and a lot of times they're emails, because as you're pulling away, they're going to get more and more out of control.

[00:28:16] So They'll send long diatribes of emails or texts that are perfectly curated and carefully designed to inflame you, to upset you, to trigger you. Um, you know, they'll say things like, you're a horrible mother, you ignore our children. Meanwhile, the kids are sitting right in front of your face and you just took them to the dentist and you were just helping them with homework.

[00:28:49] And you're thinking, how can you say that? I, I'm like with them all the time. I, I, I'm the, you know, I, I help out at the school. I'm, I'm always with them. How can you [00:29:00] say that? I'm a terrible mother and I ignore them. And so that's the exact kind of thing that like will inflame you and, um, make you want to defend yourself because you know, it's just such a.

[00:29:11] patent lie. And so they say things like that to get you to respond. And, but you know, somewhere in that diatribe of total BS might be one line of something that you definitely need to respond to. Like, uh, and what time do you want to pick? up the kids on Wednesday or something and, you know, or, or what time should I pick up Johnny on Wednesday and So what I suggest people do is they respond by saying something like, thank you for your email.

[00:29:50] I deny all of your allegations and you can pick up Johnny at three o'clock on Wednesday. Right. And that's so important that, um, you brought [00:30:00] that up. You don't want to get emotional when you are communicating by email. Um, because Attorneys and judges do look at what you're saying. So you want to avoid curse words and anything that can be misinterpreted as you being crazy.

[00:30:18] So you want to be as professional as you possibly can. If there are Children involved, I would recommend using a parenting software like our family wizard or something along those lines. I think Parent talk or something is another one talking. Talking parents is another one. Fair is another one. But you know, um, and that's perfect.

[00:30:40] Exact advice. Perfect advice when I tell people normally. So when you when you're responding to an email like that, that's designed to manipulate you into responding in a certain way. Um, and you respond [00:31:00] back you know, without adding anything, you know, don't overshare, don't respond, don't defend yourself, all of that.

[00:31:11] Um, it helps in a couple of ways. One is with your own toxicity and dealing with them and keeping them, you know, the boundaries in place and, and brief conversation with them. But, um, also as you said, and this is something that, um, The people who follow me regularly know that I say all the time, which is every text, every email, anything you put your hand to in writing is a potential trial exhibit.

[00:31:43] And just think about it as a potential trial exhibit before you hit send. Just imagine, just imagine the judge looking over your shoulder before you hit send and think, would I want this judge to be reading this? [00:32:00] And because they probably will be, um, unless it's so benign that it doesn't merit, you know, have being seen again.

[00:32:11] Um, I had a, a case one time where my client, I mean, both of them were kind of crazy. Um, and they may have both been narcissists, who knows, but my client. Um, was the husband. He was just so sick of sending, um, temporary support payments to the wife that he sent one over and signed it like with his left hand.

[00:32:37] He was right handed, signed it with his left hand. in crayon so that it looked like a five year old had signed the check just to, like, be a jackass. This is my own client, of course. Of course, he didn't ask me if he should do that before he did it, but of course he did it. And Of course. It was like one of the [00:33:00] centerpieces of the trial exhibits for the wife's lawyer.

[00:33:02] I mean, absolutely. I would have done the same thing. Look what a jerk he is. Look how he manipulates her. It was a wonderful trial exhibit against my client. Oh gosh. Right. Yes. Um, well, now that we're talking about things that we can use for documentation, Rebecca, let's ask. Um, I'd like to ask what should we be focusing on and also why we should not be trying to prove that

we're dealing with a narcissist because let's be honest here, being a narcissist isn't against the law.

[00:33:40] So that's why we have to prove they're doing things that break the law or are looking kind of shady and sketchy. So what should we be focusing on? So I'm going to tell you something that the very first lawyer that I clerked for in law school, uh, told me, and it was [00:34:00] really good advice. And what she told me was, Rebecca, always start with the statute.

[00:34:07] So you know, the statute is the law. So if, if you're looking at, you know, just go focus back on what it is that you want to get. Is it child support? Is it a parenting plan? Is it alimony? Is it, um, equitable distribution or a division of community property, depending on what state you're in. Every single one of those areas.

[00:34:30] of the law. So it's the four main areas. It's going to be a property division, some kind of alimony or support. If there's a claim for that, um, parenting plan and child support. Those are the four main areas of every single case. Um, an attorney's fees is sort of what I call like an additional kind of area.

[00:34:50] But the four core areas on family law are those four areas. Every single one of those areas has a statute. So what you want to [00:35:00] do is take a look at the statute for your state for that area. And that's where you want to prove that's what you wanted to show. And so, and there's always also an overlay of credibility, bias, things like that, so that you can take away from the person's credibility, um, because you can show that they're a liar.

[00:35:28] Um, so that if they're testifying to something that the judge might go, you know, I tend less to believe that person. I'm going to tend to believe you more because you've just proved that this person is a liar. So, but you know, being a narcissist, as you said, is not against the law. But when you look at best interests of the child, for example, every state has a best interest statute and every state has factors in that best interest statute.

[00:35:59] So, [00:36:00] um, you know, in Florida there's 18 factors. I mean, there's a lot, um, I think in California there might be 10, but you know, it's every single state has something like, you know, Which parent is going to be more likely to foster a relationship between the other parent and, and the child, uh, which parent, you know, is there a domestic violence issue?

[00:36:25] Is there, um, you know, they look at all of the different factors. for that child, what's going to be best for that child. And so what you want to do is

put together your evidence and your documentation in a way that supports each factor. So if the person doesn't take their parenting time on a regular basis or narcissists.

[00:36:55] frankly. Um, you know, the best thing you can do. I know a [00:37:00] lot of people don't want to do this, but one of the best things you can do is enter into a temporary parenting plan early on, like right when the divorce starts, that gives them parenting time because they will hang themselves. They won't take it.

[00:37:16] They will end up switching it all the time. They're going to be late constantly. They're going to be wanting to switch weekends or, or showing up on, you know, different days or whatever. And you're going to be documenting all of that. And so you're going to be able to go at the end, you know, whether it's trial or mediation and have all this documentation that says.

[00:37:41] You know, the other, the other person changed their parenting time, you know, out of 20 different times that they were supposed to have the kid, they changed at 15. And you're going to say, and this happened while the case was pending. What are they going to do when people aren't [00:38:00] looking at them? So obviously their work schedule doesn't.

[00:38:05] isn't conducive to this parenting schedule or whatever. So let's say that, um, a narcissist is doing that constantly, like either forfeiting their parenting time or wanting to change at the last minute and things like that. What should the parent who is trying to get primary custody do? Do should they agree to that?

[00:38:26] Because will that come back to hurt them later? I mean, I can just see an opposing attorney saying, Well, you did this. I don't see why it was a problem if you agreed to it. So is there a balance there? How should someone handle that? Well, if there is a temporary agreement in place, the first thing you want to make sure that there's language in there that says this is a temporary agreement, and it's without prejudice, and it should not be used as a basis for the permanent, uh, parenting plan, [00:39:00] and, um, it should not be evidence of what's in the best interest of the child, and, you know, just put all that kind of language in there so that it The court cannot go, well, you've been doing this.

[00:39:13] Let's just keep doing this. Um, so that's the first thing you want to make sure is in there. Uh, and, and usually narcissists don't mind people doing that because they think that they're, the thing about narcissists is they always think that they're the better parent and they, they're like in this. fantasy land.

[00:39:31] You know, a lot of times they're the ones pushing for a parenting evaluation or a custody evaluation, and they're the, the, the, the crappier parent. They think that they're going to use it to, uh, against the other one. I have a case like that right now, actually, where I'm representing the husband. The wife is definitely crazy and she's pushing for a custody evaluation and my client's like it's gonna it's gonna go back on her she's [00:40:00] gonna be the one ending up crazy and you know he was opposing it just because he didn't want to put the kids through that.

[00:40:09] Uh, but on the other hand, he's like, this is not going to bode well for her, but this is what narcissists do a lot of the time, you know? So do, and I always encourage people not to get too upset when that happens. I mean, yes, you're going to be emotional. You're going to be in that sort of panic mode, but unless the other person has proof that you're an unfit parent, what do you really have to be afraid of?

[00:40:32] What can they possibly show in court that's going to prove that you're an unfit parent? So that's another reason to be careful in your communications. Um, and not be going out to clubs and doing things like that. Um, that could look bad on you. What? What's your? Yeah, I mean, you know, like I have another case right [00:41:00] now where the husband is a total narcissist.

[00:41:04] I'm representing the wife. And, um, you know, he's always doing and saying things to inflame her. I mean, luckily this, they have a baby and, um, luckily we entered into a parenting plan prior to the baby, just prior to the baby being born. Like he, you know, lovely, uh, guy that he is. He filed for divorce when she was eight months pregnant.

[00:41:28] Um, So we ended up doing a parenting plan like 10 days before she delivered the baby. And so she doesn't, um, he, he, he agreed to no overnights right now. And so he also agreed to do all the parenting time at her house. So he comes over every single time. And, I mean, it's great in one way because she can, you know, oversee what's going on.

[00:41:57] But every time he shows up, he's got a [00:42:00] tripod, a video camera, you know, saying that he's watching her because she's going to try to frame him and all this stupid Is that legal? Well, he can't play it. He can't do anything with it. Um, but she can't stop him from, you know, he says he just wants video of the baby.

[00:42:26] Um, and so what, what's she going to say? No, you can't have video of the baby. I mean, he's just, you know, he's even like when he's changing the baby's diaper, video cameras on. I mean, it's so stupid, but, um, she's been great about like. Okay, if that's what you want to do, you know, I mean, it bugs the crap out of her, of course, but that's what he wants.

[00:42:55] That's what he wants, you know, and, and he'll just do [00:43:00] all kinds of stuff to try to inflame her. You know, they have to. They have to communicate through an, uh, an app and a co parenting app. That's something else that we got into the original temporary agreement. And, you know, he'll even say things like, um, send a message through the app.

[00:43:21] Oh, thanks for agreeing to switch our, uh, weekends and letting me have the baby next weekend for my sister's wedding or something. Well, of course that never, that conversation never took place. And he says that in the app, like it's a confirmation. And so then she's like freaking out. Like I never had this conversation.

[00:43:41] Now I'm going to look bad. Now I'm looking like this gas lighting. Um, and I said, you're just going to write back in the app, as you know, all conversations are supposed to take place in the app and. I never agreed to that. You never asked me that. Um, so [00:44:00] please stop trying to make it look like, um, you know, going back on my word.

[00:44:05] We did not have that conversation, you know, I mean, you just have to correct those things. But, you know, I always say to people, just the facts, just the facts, ma'am, you know, like that old show, um, you just, just respond directly to the facts, no emotion. No additional oversharing, no defending, no justifying your behavior.

[00:44:31] You don't need to go into all of that. What you're talking about right now is that feeling of Armageddon. So a lot of times when we are, you know, especially in the beginning, starting these cases with these narcissistic people, whether it's divorce or custody, we have these feelings of, like you said, Armageddon.

[00:44:49] But attorneys and judges aren't feeling that. So how can we kind of help them along, you know, and help them understand what's really happening? [00:45:00] So it's, it's not going to be, I mean, sometimes you have the smoking gun, you know, every once in a while there's that smoking gun, but most of the time it's actually an accumulation of evidence.

[00:45:14] So you're going to take your documentation and you can create an exhibit that says, You know, uh, exhibit of how many times other parents changed their parenting time, you know, and you're going to have August 1st was supposed to start at 5 p. m. pick them up at 6, August 7th, da, da, da. And you have a spreadsheet at the beginning and then behind it, you have all the documentation of the text messages like that.

[00:45:47] And so that's one exhibit. Another exhibit might be exhibit of times other parent lied and you're going to have, you know, that they changed their story and you're going to have [00:46:00] the documentation of that. Um, and I've won entire cases that way. And so it's, it's not. One thing most of the time, and that's what I think people think, and that's all part of what I call Slay Your Negotiation with a Narcissist, which is my Slay program, which is, uh, strategy Slay actually stands for strategy leverage and anticipate what the narcissist is gonna do and focus on you and your case.

[00:46:28] And by focusing on you and your case, what I'm talking about is being on the offensive. Um, if you have a football team and you know, all you're doing is defending yourself and you'll, you have a great defense. This means that no one's scoring any points for you. So you have to be ready to go on the offensive.

[00:46:50] And, um, how you do that is by focusing on you and your case and the strengths of your case. Why is it better for you to have the [00:47:00] children? What, what can you offer that the other person cannot? Um, you know, why, why are you entitled to alimony? Why are you entitled to more of the assets? Why are you entitled to more child support or whatever it is?

[00:47:15] So get your own house in order. Um, and, uh, that's. something that people, um, you, if you've been so beaten down by a narcissist for so many years, it's, it's almost a foreign concept to think about going on the offensive. It like kind of goes against so much guilt. Yes. Yeah, it's like against every cell of your body.

[00:47:42] Like, Oh my God, I think it's guilt and fear and what's going to happen. And, and also just sort of like beaten down. Like, I mean, I can't tell you how many people said to me, Oh, everyone always believes. her lies, or, or, or he's turned everyone against me, [00:48:00] or she's, she's turned the doctors against me, or he's turned the school against me, you know, and you just sort of feel like it's just, I can never turn this around.

[00:48:10] And, but you can, you can. One thing that was a turning point in my own journey, um, those many years ago was visiting my local domestic violence center. And what she did, of course, they gave me a case manager and she could not represent me. But I'm glad you were talking about the documentation because she prepared me so well that I was able to win a restraining order pro se against my ex and his attorney.

[00:48:42] And so I had three different binders of evidence, one for myself, one for my attorney, one for the judge. And I had exactly what you said lies. You know, um, not paying child support and just different things that the judges and attorneys would be looking at. [00:49:00] And I think the worst thing that we can do is not have any documentation and believing the lies like when they convince you to save money on attorneys and come up with your own agreements and that sort of thing.

[00:49:14] Yeah. I mean, what they'll do early on in the case, Is say, you know, let's not spend lots of money. Let's not, you know, we can just settle this. I know what everything is worth. I know what we have. Um, and so, you know, and, and clients will come to me and say, should I sign this? And I, I would say, I have no idea.

[00:49:37] I can stick my finger up in the wind and see if like that sounds good. I mean, I have, how would I know if you are signing your name on this dotted line and you're looking at me and saying, is this fair? How in the heck am I supposed to know that? Without looking at one single bank statement or one single piece of evidence.

[00:49:57] I mean, you can't know that in the beginning. [00:50:00] So I, you know, I always say to people, it's your life and obviously there's a price for freedom. And you know, if, if you want to just move on with your life and sign something, then you can do that. But here's the problem when you're dealing with a, if it's a true narcissist, it's, it, they don't.

[00:50:17] Want to get to that end game that fast what they want to do is manipulate you throughout the entire process So they're going to say oh here are a couple of different options for settling the case You can pick a or you can pick B and then you spend two weeks talking to your lawyer, talking to your friends, talking to your mom and everybody going, okay, what should I pick a, or should I pick B or here's this offer that's on the table and it's less than I wanted to take, but at least it'll be over.

[00:50:52] And so you, you just kind of like go through this whole machination about whether or not you [00:51:00] should take this thing or not. And then you finally go back to the person, you go, okay, I'll take. option B, you know, like it's less than I want, but it'll be done and you'll be happy and I can be free of this person or whatever.

[00:51:15] Oh, well, B is no longer on the table. Um, yes, you have to take what you've just agreed to take, but I also want more. Um, what, what I meant was if you take option B, it's only contingent upon you doing this, this, and this too. Um, Or, you know, but you also agreed to do this on the side, you know, they change it up in some way so that now suddenly part of it is agreed to, but not all these other things, you know, they'll add in all these other things like, um, Well, yeah, we'll do this parenting plan, but, but now I also want, um, ultimate [00:52:00] decision making authority for medical and educational, um, or we'll do this parenting plan, but now you're going to pay 100% of all the extracurriculars.

[00:52:13] that that was also part of that agreement. You know, things like that, where you go, no, I'm not doing that. So that's why it's best just to go straight to an attorney and not even fool around with all these agreements the narcissist wants to make. Correct. And the other thing that they do early on is they try to turn you, you and your attorney against each other.

[00:52:37] So They'll say that your attorney is only in it for the money, that your attorney has too many cases, that your attorney is not very good, doesn't fight for people. Um, I've heard. Uh, that your attorney favors women or your attorney favors men, whatever they're [00:53:00] not. Um, you know, just BS stuff that they just make up.

[00:53:05] I mean, whatever they just want to make up and then the person will come back. I mean, I had a woman one time. The husband was trying to dismiss the case because he was saying they weren't Florida residents because they had been back and forth between Florida and where they were moving from another country.

[00:53:24] I've heard of that happening too. Um, and so he was, he filed a motion to dismiss and, um, At the same time, he was telling her that he wasn't going to fight the divorce. And so, meanwhile, my paralegal is getting emails from his paralegal, his attorney's paralegal, trying to set the hearing on his motion to dismiss.

[00:53:53] Okay, and so my paralegal is reaching out to her going, does this date work for you for this hearing? Does this date work [00:54:00] for you for this hearing? And she sends me back this email like, why are you setting this hearing? I told you that he said he's not fighting it, blah, blah, blah. And so I brought her in that day and I printed out the email from his attorney's paralegal from that morning say, we would like to set this hearing.

[00:54:20] And I said, now, listen to me. What he's saying to you is not the truth. If, why would his lawyer be continuing to try to set this hearing if he's not fighting it? I said, so we have to have a little come to Jesus moment here. You know, you're either going to believe him and his lies. You've told me that he's been a pathological narcissistic liar for the past 25 years.

[00:54:45] And that's right. Why are you believing them now? And, you know, you've hired me to protect you and be your advocate. That's my job. So, you know, I'm not. [00:55:00] doing anything other than trying to do that. And so I said, you know, I said, you have three choices here. You can stay roll over or fight. And you know, he's not being honest with you.

[00:55:14] And so when I said, I remember when I said. You know your first choice is stay and right away she went no

[00:55:23] I said roll over or fight, you know, so she's like, okay, and she never fell for it again. I it that he was actually Uh from the middle east as well. He was um Uh, you know, of that old school where, you know, where he was from. You say I divorced you three times and the women are like banished to some like, like basically living on the street.

[00:55:52] Yeah. That's where he we don't we don't work. I think I'm glad you brought that up because I do get a lot of [00:56:00] coaching clients who are married to Middle Eastern men or separated from them and we don't follow those rules here. So if you are Middle Eastern spouse is saying I divorced you three times. Um, okay, whatever.

[00:56:16] But we still have to follow the laws of the United States. Yes, absolutely. And but that's what he kind of expected. You know, you'll be living on the street and have no money. I mean, that's what he wanted. And it's just what they think. Yeah. And it took five years. I mean, he, what it was like all the sneaky things they do in divorce.

[00:56:39] You know, hide money, distort reality, gas lights, smear campaigns, all of those things were basically like a to do list for him. I mean, Oh, let's see. I haven't done lying today. Let me make sure I do that.

[00:56:55] Oh, ignoring court orders. Let me make sure I do that. Check.

[00:57:00] Yeah. I remember, um, when I was going through the smear campaign, you know, My ex was telling everyone that I was a drug addicted prostitute who was digging through dumpsters for my meals when in reality I was at home taking care of our son. I was an elementary school teacher and then tutoring after school and I was just trying to live my life.

[00:57:20] But everyone that he knew was thinking differently and you just have to rise above all of that and just remember unless they have proof viable proof that they can prove in court. You just have to let all of that go. Yeah. I mean, you just have to focus on your case and the facts and getting your documentation because otherwise, if you just get into that spiral of what are they doing and oh my God, what are they going to do next?

[00:57:51] It'll just eat you alive, which is what they want. Uh, and now they're stealing your future as well as your past. [00:58:00] and you just don't want them to do that. You know, don't give them the power to continue to steal your life from you and rent space in your head, right? Because they can accuse you of things all day long, but unless they have proof, it's just, it's just hot air.

[00:58:19] Exactly. Exactly. So, um, just trying to look through our list and make sure that we, um, you know, have gotten through everything. And I think we have, I just want to, you know, just make sure that I say again, like you can turn this around. You can go on the offensive. You know, it starts with you. Um, you know, that's why there's people out there like Kim and people like me who are out there to try to tell you that this is not the end of the story.

[00:58:59] You know, it [00:59:00] can get turned around. Kim actually did it. I've helped many, many people. I've actually had to deal with narcissists in my own life, um, which is part of the reason why I feel so passionate about this. Um. And as well as thousands of them in my law practice over the last 20 something years. So You can go on the offensive and you don't have to engage in the same schemes that they do.

[00:59:28] You don't have to lie and, and, and be as horrible as they are. You can ethically manipulate the manipulator, but that's, you know, it's, it's just slight ethically. ethically manipulating. Um, but, but, you know, just through documentation, creating a super strong strategy, figuring out what their weak

points are, figuring out what your leverage is, and, um, creating a case that you present to the court [01:00:00] that says, you know, here's factor A of this statute.

[01:00:04] Here's my proof that I'm the better person for this factor. So before we arranged this call in the session today, you were telling me about your program. And in the beginning of this interview, you mentioned that people don't want to spend a lot of money on attorney's fees. And one way they can avoid doing that, I think, is with your program.

[01:00:31] Can you tell us a little bit more about that and how it can save them money in the long run? Oh, absolutely. So the program is normally 697, but for your listeners, I'm giving a 200 discount. Count if they use the code slay 200, so slay 200, um, to get \$200 off, and that makes it, uh, 497. So it's less than the cost of, you know, a good lawyer's [01:01:00] hourly rate, honestly.

[01:01:02] And. One of the things I didn't say, but I should say is that when narcissists are involved, the costs of attorney's fees is at least four times more. So if it's a normally a 15,000 divorce, you're looking at 60,000. It's at least four times more, sometimes 10 times more, honestly, depending on who you're dealing with and how malignant they are.

[01:01:31] And so you, you, and, and don't expect that your lawyer is going to know everything. Lawyers mostly don't know what the hell to do. You have to hand them the leverage. They don't sit in your house. They don't see what's going on. You have to show them what's going on and you have to know what to show them.

[01:01:55] And that's what I teach you. I mean, if the lawyer doesn't have [01:02:00] ESP, they can't sit there and go, Oh, looks like this person is changing their schedule a lot of times. Um, They don't know that, you know, unless you put it together, all the documentation and create a summary and show it to them and go, look, look how many times he changed the schedule or look how many times he lied or look how many times she did this, or here's an email that proves that she.

[01:02:30] is smear campaigning me to the doctor. Um, you know, the lawyer doesn't know those things. You have to bring it to them and you have to know what to bring to them, right? And you have to be able to prove it most of the time. And that's why it is so important. You can't just run into your attorney's office and say, I'm trying to divorce the narcissist and expect all these

downloads just to happen, you know, for the attorney, you have to be able to prove it.

[01:02:57] You have to know exactly. [01:03:00] As you said, the laws of your state and, you know, get that documentation together. And I think your program kind of outlines that for, for people. Exactly. So now your lawyer knows exactly what to do plus how to respond. I mean, part of my program, I have 50 key phrases to disarm the narcissist.

[01:03:21] So. One thing I love about your program. I just want to say this before I forget is that you have different strategies for the different types of narcissists. Can you go into that a little more? Yeah. So I actually go through, I walk through the program and I say, okay, here's a covert narcissist. Here are the kinds of things that they do in a divorce.

[01:03:44] Here's a grandiose or overt narcissist. Here are the kinds of things they do in divorce. And here's a malignant narcissist. And here are the kinds of things they do in divorce. So you are going to have to build a strategy to anticipate, that's part of the A, [01:04:00] what they're going to do. and build a strategy anticipating that.

[01:04:06] And if you don't know what type of narcissist you're dealing with, then you're going to, you're just, you're seriously like a person with a little dinghy boat out in shark filled waters with no oars and no way to move out of that. You truly are going to be eaten alive. Um, and so what I created with this program is allowing people to have access, you know, to somebody like me, who, you know, I normally charge like a 25, 000 retainer because if you're a good lawyer, people expect you to charge, you know, you can't be a good lawyer and say, I'm a great lawyer.

[01:04:49] And my hourly rate is a hundred dollars an hour. People are going to go, well, you're obviously not very good if, if that's your hourly rate. I mean, that's the way our [01:05:00] system has been designed. So for me to know my own value, which is another whole area of, of, of negotiation that I talk about is knowing your value.

[01:05:13] Um, And so for me to know my own value, I have to charge accordingly. So that's me in my law practice, but that's a hundred percent different than me with this program and giving people access to information, knowledge, and, and strategy that is the exact one that I use for myself in my own cases. If you came to me as a client, this is what I would do.

[01:05:40] This is how I would say, give me this. I need you to put this together and hand this to me so that I can win your case.[01:06:00] [01:07:00] [01:08:00] [01:09:00] [01:10:00]

[01:10:09] So I wanted to actually take you through those five stages, you know, the Elizabeth Kubler Ross Stages of grief and how they actually play out during a divorce, especially during a divorce with a narcissist during the five stages of a divorce with a narcissist in particular. Okay. So what are the five stages of a divorce with a narcissist look like?

[01:10:41] Number one is denial. So when you are Dealing with a divorce from a narcissist. You are dealing with denial. First of all, you deal with the fear, that fear of what's going to happen, that catastrophe of what's going to happen. Cause when you are [01:11:00] dealing with a divorce from a narcissist, you know, what's coming, you know, that down the pike, they're going to turn against you.

[01:11:08] You know, you're going to become public enemy. Number one, you know, that potentially going to expose you and and try to turn the world against you and all of those things, right? And so you know that potentially, emotionally, physically, spiritually, all of those things, it's going to be pure hell. And you know, what's going to happen to you, what's going to happen to your children, what's going to happen to you financially.

[01:11:37] And you're imagining all the worst possible things. And so maybe you are in denial at the beginning about all of it, because you just don't even want to think about it. So you kind of deny that. This is where your relationship is, you think maybe it's not so bad, or maybe I can live [01:12:00] with this, or maybe it's not so bad all the time, or maybe this person can change.

[01:12:07] So you're kind of in denial about the relationship being as bad as you think that it is, right? So that's probably the first stage of divorce. And then the second stage is that anger, where you think, Why are you like this? And why do you have to be so horrible? And why couldn't you just change? And why did you have to mess things up?

[01:12:31] Why did you have to cheat? And how could you have stripped so much of my life away? And why did I waste my life on you? And you're just so angry at this person for maybe messing up your children's lives. Just. everything. Maybe you're resentful about the fact that they didn't make more money or that they wasted money on things at this stage where you just maybe feel entitled.

[01:12:58] Maybe you just feel like [01:13:00] they need to pay for it. everything that they've done to you. And I'm telling you a lot of people, they get stuck in this stage for a very long time. A lot of people never get out of this stage. I think a lot of times people feel like. If they forgive or if they move on or if they get out of this stage, like somehow the narcissist got away with it in some way.

[01:13:31] Like if they let it go, then they got away with it somehow. And that's just not the case. I mean, you need to move on for you. This is not about them. This is about you not living with the venom, not living with the poison, not living with that toxicity within you. That's number two. This is that anger stage that people live in for a very [01:14:00] long time.

[01:14:00] And let me tell you, there's a big difference between wanting what's equitable and what's allowed under the law and wanting to apply the law and being fine with that, allowing that to happen and not allowing guilt to be part of that, not allowing being afraid to be part of that, not allowing emotion to be part of that.

[01:14:27] Just allowing the law to be applied without. anything else to be a part of that. Okay. So that's the second part. That's anger. The next one is bargaining and bargaining is where you might go back into, well, you know, this is where it can be sort of dangerous because this is where your narcissist, especially when you're divorcing a narcissist, your [01:15:00] narcissist might start getting nice again.

[01:15:02] You know, they might. start hoovering. And so you might start getting weak again to my, you might start going, well, you know, maybe this might work out or maybe it's not going to be so bad, or maybe we might be able to be friends, or maybe we might be able to somehow some way either get back together or maybe we can.

[01:15:27] Be amicable or maybe I can get them to see my value or maybe if I just give in on certain points, they'll start to give in for me. And this is a trap I see people often fall into, especially in negotiating with narcissists. Sometimes people think, well, if I give a lot on the front end, they'll see how great I'm being.

[01:15:56] And they'll also So give in. That definitely is [01:16:00] never the case, by the way, ever. They just take and then it just goes into the ether and they'll just, they'll be like, yeah. And your point is what never helps you in any

way, by the way. And they don't acknowledge you. They don't see your value. I mean that.

[01:16:16] That doesn't help you. And so that you go through this bargaining stage, and a lot of times that whole re honeymoon phase is often met with rejection. You know, you try to get them to see your side or whatever, and it doesn't work out. And then it ends up feeling worse and you end up feeling even worse than you did before.

[01:16:39] It's almost like you've been rejected again. And so it ends up where you feel even more lonely or more sad or something like that. The one thing I do want to I have a couple of videos. One is on self care when you're coping with a narcissist. I would definitely check that out. The other one [01:17:00] is I have a video on self care when coping with a narcissist.

[01:17:03] That's an interview that I did with Amy Newmark, who's the president of the chicken soup for the soul entities. And she had done a book on it on self care and I would definitely highly recommend that interview as well. Great, great stuff. Check out both of those videos on taking care of yourself and making sure that you are doing what you need to, to take care of yourself.

[01:17:46] Just to remind yourself that you do that and you will do that throughout this process because it is so hard sometimes to remember to do that, especially during this difficult [01:18:00] time. So after you've gone through denial, anger, and bargaining, now you go into depression. And this is one of the hardest ones because you've gone through denial, anger, and bargaining.

[01:18:12] Some ways they're like easier, even though they're difficult to go through. They're easier than the depression because the depression is the lowest point. Honestly, this is where the divorce is probably over. And you just you're feeling lonely. You're feeling sad. You're probably beating yourself up.

[01:18:36] There's a lot of the Monday morning quarterbacking of did I waste my life? Did the person ever love me? Did I give up too much in the divorce? I shouldn't have done this. I shouldn't have signed that. Maybe I had a terrible lawyer. That other person had a better lawyer than I did. I spent too much money on the divorce.

[01:18:57] I gave up too much time sharing. You [01:19:00] know, there's always this whole thing about, I should have left 10 years earlier. I never should have married the person. There's all this. regret and la la la la stuff going on.

Don't go down that rabbit hole. You cannot do anything about the past. It's not going to give you any sense of satisfaction.

[01:19:24] It's not going to go anywhere, but down that level of vibration is horrible for you. And Don't even go being around people who are going to serve that kind of conversation because it's not going to help you if they're saying, Oh, you know, I saw your ex and they're with this other person and they're off having this great life.

[01:19:50] That's not going to help you either. What's going to help you. Is you starting to create your new life, starting to create [01:20:00] new memories and all that sort of thing, because that first year where it's a year of firsts, where it's different. You know, it's the first holiday where it's something different each time or you used to always do Sunday brunches and now you don't anymore or whatever, and you're just having to create your own, maybe new set of friends or, or whatever.

[01:20:27] It's difficult. And so. Starting to create your own new life, your own new future where you feel whole and complete on your own is going to be absolutely critical, developing your own set of interests, your own set of friends, join a book club or join a runner's club or start something where Yeah. You have cults.

[01:20:55] You're cultivating your own [01:21:00] life where you start to feel whole and complete. Join a meditation group or something like that, where you start to do things for your own peace of mind, where you start to feel whole and complete on your own. That will do wonders for you. Really making sure that you have your own support system in place.

[01:21:21] is going to be absolutely critical. And then the next level, that's going to lead into the acceptance. You'll know you're into that acceptance phase when you can see your ex and not feel any emotion about it other than, Oh, there is my ex. Hello. Goodbye, whatever. I don't feel anything around you other than there's my ex and you've now pursued your own life.

[01:21:49] You now have your own life and your ex has his or her own new life and everybody has gone their own ways and [01:22:00] it's all. Fine. Well, and good. And you need to create that space for yourself. Those are the five stages of divorce with a narcissist. And that's the most important thing. When you can get through that, when you can get to that level of acceptance, that is where you know that you have moved on, that you've gone all the way through, that you have moved through all five stages.

[01:22:31] And you have become who you really are supposed to be. You know, your soul knows that you were born for more. Your soul knows that you were meant for more. Now let's talk about how to prepare yourself financially for a divorce. If you are getting ready to go through a divorce, it's different to prepare financially.

[01:22:53] If you are the. What we call the moneyed spouse or the non moneyed spouse. The moneyed [01:23:00] spouse is usually the one who is making more money and very often times the moneyed spouse is the one who has more control over the finances. Sometimes it's not necessarily that way. Sometimes you see the person making the money and then the other person who hasn't been making as much is the one who has been paying the bills and in control of the finances.

[01:23:25] But a lot of times what you see is you see the moneyed spouse also usually has control over the actual money. So, if you are the non moneyed spouse or the person who doesn't have control over the finances, it's really even more important for you to prepare yourself financially for a divorce. And if you are getting ready to divorce a narcissist or anybody, make sure you check out my video on before.

[01:23:51] For you divorce a narcissist, watch this because that will give you tons more information.[01:24:00]

[01:24:07] Regardless of who you are, whether you're the money spouse or the non money spouse, the very first thing you're going to want to do is gather your financial documents. So when you go to file for divorce and once the divorce is filed, regardless of where you are, you will have to disclose information about your finances.

[01:24:27] So generally that means.

[01:24:33] It means credit card statements, you know, savings accounts and checking accounts for both personal and business. It also means credit card statements for both personal and business. And it usually, um, means, uh, any kind of prenuptial agreements, deeds for real estate. Um, retirement account statements, pay stubs, the way that you've been paid, you [01:25:00] know, whether it's, maybe it's a 1099 or maybe it's a W 2 or maybe it's a K 1, but you will need to be able to have access to all of that information or actually copies of all of that information.

[01:25:15] Your lawyer will need that. And you know, for how long will you need it for? I mean, at least several months. financial statements for banks and credit cards, probably at least a couple of years of income information for, um, your tax returns and then at least a couple of months of statements for current pay, pay stubs, things of that nature.

[01:25:43] So that's number one is gathering your financial information. Sometimes if you're the non money spouse, it can be kind of hard to get access to that. Don't beat yourself up over it. If you can't get access to it, then it will have to be disclosed anyway. [01:26:00] Once the case gets started, but it's a little bit easier for your lawyer if you've already got that information because now that avoids having to send out requests to produce and then if the other person doesn't produce the documents, then your lawyer now has to file some kind of motion to compel the information to be, um, disclosed to you.

[01:26:24] So. So, I would just say, the more you can get your hands on, the better it is. I actually had a client one time who would just get little bits and pieces and, and you know, she would just drop it off at my office and she did that for like two years before we actually even started the divorce, but, um, that's what she did.

[01:26:43] And so gathering your financial information is going to be really, really important. Number two is going to be. your lifestyle and tracking your expenses. So if there's going to be any kind of a claim with regard to [01:27:00] Alimony or support or maybe even child support or something like that, lifestyle and, and monthly expenses may end up being an issue.

[01:27:11] So it's really good if you have a really good understanding of how much you've been spending monthly on anything, you know, including mortgage, taxes, insurance, electricity, utilities, cell phones, but also dining out. insurances, pet expenses, grooming, gifts for people, any kind of children's expenses, tuition, lunches, anything that you're spending for the children, extracurricular activities, things like that.

[01:27:43] So make sure you have a really good understanding. Standing if you can, of what the lifestyle has been because that will also help you as well. Sometimes people need to hire forensic accountants for lifestyle analysis, and if you've already done the [01:28:00] work, it will save you lots and lots of money. Number three is having access to cash, because especially if you are the non moneyed spouse, yes, your lawyer can potentially file something for you to get some sort of...

[01:28:19] support for you on a temporary basis and going forward. And yes, maybe your spouse will continue to deposit their pay paycheck into the joint account or let you have access to credit cards and things like that. But they may not, they may cut off your access to that. And yes, your lawyer can file something that orders the court that where the judge will order the narcissist or whoever the other person is to.

[01:28:44] continue to pay for those things for you and continue to give you access to those things. But in the meantime, while they've cut you off, your lawyer has to file the motion, get the hearing time, get in front of the judge, get the [01:29:00] judge to give a ruling, and all that time you're trying to live. And how are you going to?

[01:29:05] So if you can, ideally it would be better if you have at least a few months worth of cash that you have access to, that you have sole control over, and also enough to hire a lawyer. Um, if possible, if you don't have a way to save it up for yourself, maybe you can call upon family members or friends to get a loan for you so that until your lawyer can go and get that money back from the spouse.

[01:29:37] from a court hearing that you take it out in loans. And obviously, there's no guarantee that you can get it back, but that is something that you will want to talk to your attorney about. But in the meantime, if you can get access to having enough cash to let, you know, get you going for a few months and also hire an attorney, that would be the [01:30:00] ideal situation.

[01:30:00] The last thing is just prepare yourself. self and your documents and making sure that your trust, I mean, any trust documents or wills or anything like that, state what you want them to say. Because once you get going with the divorce, you may or may not be allowed to change beneficiaries or change what is in your trust documents or your wills or things like that, or beneficiaries on IRAs.

[01:30:29] Sometimes, depending on the jurisdiction that you're in, there may be a standing order issued that gets issued. It's an order of the court that gets issued as soon as the divorce is filed, which precludes people from making big changes. So, you know, it will preclude you from. Also putting the house on the market or doing anything like that, unless you agree to putting it on the market or making these big changes.

[01:30:57] So, um, if there are [01:31:00] changes that you want to make, you should probably talk to your lawyer, but those are the kinds of things that you're

going to want to do prior to the divorce being filed. So let's talk about Kim and Kanye. So they reportedly have a prenuptial agreement in place and they're worth a combined 2.

[01:31:19] 1 billion. Yes, that's billion with a B. So is this divorce going to get super messy? But what about the prenup? I mean, if the prenup is in place, then how could it be messy, right? Well, here's the thing. The prenuptial agreement will probably only address the finances. So with regard to the assets and the income, anything like that, yes, it will definitely be not messy, assuming that nobody is challenging the terms of the prenup, but the kids, that's where there's going to be a rub because you cannot pre contract [01:32:00] for anything with regard to the children.

[01:32:02] In other words, you can't say, you know, six or eight years ago or 10 years ago or whatever, you know, in this particular instance, they were married seven years ago, but, um, you know, you can't. say here's what's going to happen with the Children 10 years from now, because you're not going to know what is going to be in the best interest of the Children at that time.

[01:32:25] So it is against public policy to pre contract for anything with regard to the Children and the courts have the Final say as to what's in the best interest of the Children, not even the parents, because sometimes the parents don't even come up with the best agreements. Most of the time, courts end up just rubber stamping whatever parents come up with as far as an agreement, but sometimes they don't.

[01:32:50] Especially when people challenge that. So if there's even anything with regard to the children in their prenuptial agreement, it will most likely [01:33:00] be found void and unenforceable as against public policy. That means that the whole situation up with the children is up. for grabs. So potentially there could be a major messy battle with regard to the children.

[01:33:17] So the second question I've been asked on this is that Kim cited irreconcilable differences and is seeking joint and physical custody. So what does this say about her intentions and does this signal that she wants it to be amicable? So First of all, irreconcilable differences really only means that she just wants a divorce.

[01:33:40] It just is the terminology that is used nowadays to get a no fault divorce. So you can use irreconcilable differences. You can say irretrievably broken. It just depends on the language in your particular state, but it just means that you just want your no fault divorce, which is what all states offer nowadays.

[01:33:59] [01:34:00] So that's the first part of it. But with regard to seeking joint and physical legal custody of the children. It might just mean that she wants him to still be a part of their lives, that she's recognizing that it's important that they have a father, uh, that sort of thing. But it doesn't necessarily mean that they're not going to end up fighting over what the actual schedule is going to be and what the actual, um, parental responsibility is going to be.

[01:34:28] So in other words, she might say, I want ultimate decision making authority around, um, medical or educational or something like that. And especially given the fact that he's had mental health issues in the past, it's been very. public. He's had meltdowns on Twitter. She's even come out and talked about his mental health issues and said that it's a complicated issue and that he struggles with it.

[01:34:55] So with all of that lying in the balance, I'm thinking that there
[01:35:00] may end up being some sort of an issue around the custody matters. So the third question that I'm being asked around this is could Kanye West mental health issues play a role in his. to see the kids and have custody since he's been open about his bipolar disorder, and he has talked about it publicly.

[01:35:21] Okay. So with that being said, having a mental health disorder, such as bipolar disorder, something like that doesn't necessarily preclude anyone from having their children and being good parents. People have an inherent right to. be parents to their Children. There's a constitutional right to have your Children and be parents to your Children.

[01:35:45] So all of that being said, it doesn't mean that just because you have a mental health disorder that you aren't allowed to have your Children. Of course not. There are many people out there who have mental health issues and
[01:36:00] they are really, really great parents. The Rob is actually going to be in whether or not He is getting the help and the therapy that he actually needs.

[01:36:09] So is he taking the medications that he's supposed to be taking? Is he getting the therapy that he potentially is going to be needing in order to be stable and be able to show up for his children and be a good parent? So there may be some checks and balances in that process. Maybe it's supervised time sharing unless he complies with certain things.

[01:36:32] Maybe it's. Uh, a certain amount of time sharing for a little while. And then he works up to something a little bit more depending on how he behaves and things like that. But you know, the overall thing is he'll still have rights to be a parent to his children. He'll still have rights to get access to

medical records, access to educational records, be able to come to the school plays, be able to show up at, you know, soccer games and things like that.

[01:36:59] But it. He [01:37:00] won't necessarily get 50 50 timesharing fully unfettered if he is not stable and he's not doing what he needs to do to keep himself mentally healthy.

[01:37:19] So the next question that I've received is they haven't listed their separate properties and assets, but Kim reportedly noted in her petition that pursuant to the party's premarital agreement, all assets and obligations of each party are his or her. Own separate property. And she also asked the court that each of them pay their own attorney's fees.

[01:37:40] So what does this mean? So this means that they probably have kept their assets pretty separate throughout the marriage. And the prenuptial agreement probably says something like anything that's jointly owned will be, uh, split jointly and, and, and divided equally. But My guess [01:38:00] is maybe they haven't even titled anything jointly.

[01:38:03] And if they do have anything that they've purchased jointly, they've already figured out who's getting what or something like that. So more than likely the financial piece of this thing will just shake out very, very easily. As far as the attorney's fees piece, she probably just pleaded that because it's required.

[01:38:20] The five main areas of a divorce are your assets and liabilities, your Alimony or support issues, uh, parenting plans, child support, and attorney's fees. So she probably just pleaded something about that because she had to. And more than likely the prenuptial agreement has something in there that says if, uh, either party challenges the prenuptial agreement, then.

[01:38:46] Uh, the losing party is going to have to pay both sides fees. But in my, in this particular case, you've got a two, two people who both have wealth, who both have money. So more than likely they [01:39:00] have the ability to pay their own attorney's fees anyway. So it's not going to be an issue. So the final question.

[01:39:09] is despite the split reportedly being amicable, is there anything about the divorce between two high profile stars like this that worries a divorce attorney? How can things go wrong? How can things go wrong? Hmm. Every divorce attorney is laughing out loud right now because of course every single person.

[01:39:30] When they walk into a divorce attorney's office says, I don't want to fight. Everybody says that even the flaming narcissist say that because why, because they don't want to have to spend a lot of money. However, then people start disagreeing. And what I've heard is that Kanye is not so happy about this divorce that he is.

[01:39:50] doing, that he is sad, that he is angry, that he is mad. And that means that if he is a narcissist, he may use [01:40:00] this divorce process as an opportunity to make her miserable. He might try to thwart the whole process, thwart the settlement process, the mediation, the negotiation talks by trying to punish her by fighting her on the children or fighting her on whatever he wants to fight her on, obstruct things, refuse to disclose things, refuse to come to the table, maybe not show up at mediation.

[01:40:30] You know the deal. Those of you who follow me here on a regular basis, he is a person and people are prone to do the things that people do, especially when they are narcissists. And the reason why narcissists like to thwart the divorce process is because they have this undying need, this unending need.

[01:40:55] for Narcissistic Supply. And if you want to know more about Narcissistic Supply, [01:41:00] go check out my video on Narcissistic Supply. I talk all about that and, um, and why they have this unending need for it. So I am concerned about that. I'm also concerned about the fact that maybe he's not regulated right now.

[01:41:17] If he is not taking the medications that he needs for his bipolar disorder, if he is not. Seeking the therapy that he may need it, then he could be volatile and that process could also make it very, very difficult for her, especially if she's trying to keep it behind closed doors. If she's trying to keep it quiet, if she's trying to.

[01:41:40] Make sure that she protects the children, who knows they could, they could be both narcissists. And if that's the case, then both of them may be trying to get at the other and try to one up the other. And what happens with narcissists, when there's children involved, is they don't have the ability to put their children first.[01:42:00]

[01:42:00] And so they often end up fighting and using the children as pawns to try to hurt the other side. And the losers in that situation are most definitely the children. So let's talk about the 11 sneaky things that narcissists do in divorce.

First of all, before we get to that, you need to understand something about narcissists.

[01:42:22] And that is that with a narcissist, you're either for them or against them. And if they find out that you're against them, once you're into that discard phase, then you become public enemy number one. And now they need to take you down. And the other thing that you need to understand is that they get narcissistic supply from jerking you around.

[01:42:45] So while you might think. What is it that they want? I'll just give it to them. What they want is to jerk you around. They get supply from that. And so when you [01:43:00] just say, I'll just give it to them, what you're basically saying is, I want this over. And if you're trying to make it be over, then you're trying to say, I'm going to take away a source of supply from them, which they don't want to happen.

[01:43:13] Get it? So that's why that option of just giving them whatever it is that they want and walking away is really an illusion. It's a trick because they will constantly move goalposts and do all sorts of things because they get supply from jerking you around and intimidating you and, you know, making the process a nightmare for you.

[01:43:34] So That's why you have to kind of approach it from a different angle. And that's what I teach you in my slave methodology, which stands for strategy and leverage and anticipating and focusing on you. So remember, they're just, they're, they're difficult people anyway. They thrive on conflict anyway, even in regular life.

[01:43:56] And so when you're dealing with it in a. [01:44:00] divorce situation. You are now dealing with whoever they were on a regular basis, but on steroids, they're like 50, 000 times worse. So they want to take you down before you can take them down. They want to expose you and make you look bad before you can make them look bad.

[01:44:22] It becomes this massive, huge game to them. All right. So. What kinds of things do they do? Well, I mean, it ain't good. Let's just say that, but let's go through a few of their favorites. Number one is they will lie. They're going to lie about anything. They're going to lie about everything. They're going to lie about stuff they don't even need to lie about.

[01:44:44] They're going to lie about. stuff that's readily verifiable. You will be saying to yourself, how are they getting away with this? And the thing that I

want you to remember is that the only person that can hold them accountable is the [01:45:00] judge. No one else. There's no, you know, magical fairies that come out or, or storm troopers that come out in your living room that go, Hey, you're not supposed to do that.

[01:45:10] So you know, when you say, how are they getting away with this? You have to remember. Okay. Well, who can hold this person accountable? Only the judge. And how do you get the judge to hold this person accountable? Well, you do that through filing a motion and setting it for hearing or something like that. So the only other way.

[01:45:32] Other than that, that you can get them to do something that you want them to do is through actually creating leverage and letting them feel threatened, letting them feel like they're going to be Exposed in some way in the negotiation process. But anyway, I'm digressing anyway. Here we are. So they will lie.

[01:45:56] They're going to lie. They're going to lie in motions. They're going to lie in pleadings. They're going to [01:46:00] lie in depositions. They're going to lie to the court. They're going to lie to the lawyers. They're going to lie to mediators. They're going to lie about everything. Don't be surprised when they lie.

[01:46:07] Just like go, yeah, there they are lying and then use it to your advantage. You can use it to your advantage when they go and lie like that. You're going to go. Yay. Thank you. Thank you very much. Because that will become part of your leverage. Got it.

[01:46:33] All right. Ready for number two. Number two is they will obstruct, they will withhold information, they will not give you the financial documents that they're supposed to, or they'll give you some of them, or they'll give you all the months except July. It's so annoying, but that's what they will do. I know it's crazy, but You know, they just do that just to annoy you or to withhold [01:47:00] information or to try to hide information or they want to make you work for it and they want it to cost you more money.

[01:47:06] So that's number two. Number three is they will manipulate text messages, emails. I've seen people, you know, where the narcissist will send a confirmation email for an agreement in obviously didn't take place. So annoying, right? They will twist everything you do or say. All right. And I want you to remember that everything you put your hand to is a potential trial exhibit.

[01:47:37] So if you don't want to see it again, do not hit send, do not push post or whatever it is. And if you want more on how to Spawnd powerfully to text messages. Definitely check out my video on kick ass responses to narcissist texts for sure. All right, ready? Number four. Number four, sneaky things narcissists do [01:48:00] in divorce is they use threats and in intimidation tactics, they're gonna say things they want to trigger you.

[01:48:07] They know how to trigger you, so they're going to say things like, You're never going to see your kids again. I'm going to put you in jail. I'm going to accuse you of this. I'm going to make sure that you have no money and you're living on the streets. They know what your worst fears are, so they, they push on those.

[01:48:26] They want to trigger you. All right. Just don't, don't fall into that. I mean, most of the time when, you know, I was talking to clients on a regular basis, I would be spending a lot of my time dispelling myth. 95% of the time their threats are just a bunch of crap. Just remember that. All right. Number five, line.

[01:48:50] Up flying monkeys. Oh, yes. Especially the covert, you know, how they love them. Some flying monkeys. Yes, they do. And they love to fly that, you [01:49:00] know, get those flying monkeys to believe all of their lies and, and, you know, how great they are and how horrible you are and smear you, you know, as part of the whole smear campaign thing.

[01:49:12] And I do have a whole video on how to shut down a narcissist smear campaign. If you want to check that out, you can. Number six. Number six is they will use the court system as a sword, you know, file all kinds of stuff, which leads me to number seven, which is they will file unnecessary motions. You know, this is part of using the court system as the Sword.

[01:49:36] They will just file all kinds of stuff to drive you absolutely insane and make sure you're spending lots of money and you're always on the defense and you, and you feel like you're a turtle on your back with their foot on you, right? Number eight, they will use children as pawns. This is the one that's like super sad and I'm sorry to hear all the time, and I'm sorry to see [01:50:00] when it happens because that's, you know, the children are.

[01:50:03] innocent victims in this and they are not, um, thinking about what's in the best interest of the children when they do that. So that's number eight. Number nine is that they will hide money and assets. A lot of times they've been doing that for a long time, even before the divorce started, or they will.

[01:50:25] things or they'll put things in other people's names or they will take cash and put it in different places or they'll, they'll put cash with someone that they trust. Cash is hard to track down, but most of the time other monies are not as hard to track down. And a lot of times, by the way. There's not as much hidden money as you might think.

[01:50:47] You become so paranoid because they've done so much to you that you think that there's a lot, it's a lot worse than it is. Now, hopefully that makes you feel better. Next one is number 10. Number [01:51:00] 10 is that they will ignore court orders. And again, this is where you're going to be saying, how are they getting away with this?

[01:51:07] And again, It's like if they do that, let's say they're ordered to produce a document by a certain date. According to the court, or let me give you a different one. Let me, let me say that they're supposed to pay child support on the 1st of the month. And now it's the 2nd, 3rd, 4th or 5th of the month and it hasn't been paid.

[01:51:33] You're sitting in your house going, how are they getting away with this? I want you to think that through. Because the reason they got away with it so far at that point was because no one would know about it that needs to know about it. Because the only person that needs to know about that is the judge.

[01:51:54] So when they ignore court orders... You need to file something to let the judge know [01:52:00] that they ignored the court order. You know, whether it's a motion for contempt or a motion to compel or a show cause to, you know, should they be held in contempt, something, you know, whatever needs to be filed in your particular court.

[01:52:15] Um, and sometimes there's different languaging and different courts, but if they do that, you just need to let the courts know, don't let them get away with it. Um, even if you file whatever you need to file and the hearing doesn't get set for three months or whatever, don't let them get away with it. You have to stay on them.

[01:52:36] You are conditioning them on how to treat you. So that's number 10. You ready for number 11. This is the last one. And this is by no means a comprehensive list, by the way. I'm quite sure that all of you guys are going to say that there's lots more. And you can definitely go ahead and comment below other ones that you've seen too.

[01:52:59] All [01:53:00] right. Ready for number 11. Number 11 is. Stalking, threats of violence, actual violence. Just remember that everything that you do or say can be used against you and probably will be if you are dealing with a narcissist, unfortunately. As I said, they are big, fat hearing liars. Could the gaslighting also be not just a way of controlling you or the other person, but also just a way of getting what they want?

[01:53:32] of justifying what they want. And, um, you know, I want to be able to do what I want to do. And so I'm going to tell you that we already had this conversation, that you, you, you agreed that I could do what, whatever it is that I want to do. You don't remember having that conversation. Oh, well, I guess you're crazy.

[01:53:54] Um, you know, I, I, I, I think it's some of that too. Oh, I think it's [01:54:00] definitely a lot of that. Yeah. So, and, and do you think that, um, You know, Brene Brown talks in her book, Daring Greatly, about narcissists and how they're the most wounded of all. They're the most, they carry the most shame. And so they have the most to cover up for.

[01:54:21] Um, do you see that too in your experience? You know, it's really hard for anyone to diagnose a person with narcissistic personality disorder. And so, um, I tend to, um, lump people in, I don't care what the name is called. If the behaviors are these, then it's not a healthy relationship. Right. Um, and. On the note of them being wounded, um, the, the, the theories are that narcissists are sort of born out of their own trauma.

[01:54:56] And if they were raised in an abusive household, [01:55:00] then you have a choice of either becoming a, um, narcissist to protect yourself. You're not going to let anyone in. You're going to, you're going to stop everyone from getting close and. This is following the pattern of how they were abused. Um, the other option when someone has an abusive parents in their life is, is that they become a codependent, a people pleaser, someone that wants to help everybody and not make any waves.

[01:55:28] So you've got this, this push me pull you, um, kind of a thing, their takers and we're givers. And so, um, you know, together we make a perfect match and, and that's just, you know, The human magnet syndrome as in Ross Rosenberg's book is that we are attracted to the drama because we're used to it. Um, and, and as far as them, um, being able to heal, I don't think that they will ever be able to heal because it is [01:56:00] inbred in them.

[01:56:01] Again, it's a protective mechanism to their own trauma. Yeah. Yeah. So how would somebody who wants to divorce? a narcissist go about that? What, what kinds of, um, advice would you give them about, you know, statistics, stories, ways to get out of it? Well, the first thing is to get support because you are not about to have a normal divorce.

[01:56:25] And again, most of the people that come into my groups, um, don't even know they were with a narcissist. Don't even know that they've been abused. So when you start a divorce, you're almost innocent at that point. You still have feelings of love and they have none. And then it's so clear in this horrific discard that most of them get to before divorce that that the other person had no feelings.

[01:56:52] They might have been married for 40 years, but they were just being used. And so when you get into a situation where you're [01:57:00] going into a divorce to divorce. Prepare yourself by knowing, um, that every trick in the book is going to be used against you. Um, lies are going to be told. And I think an important thing when you're hearing these in the courtroom, and Susan, you could probably attest to this as well, um, is it's to not react in, in the judge's eyes.

[01:57:22] When you're blindsided by lies and, and accusations in the courtroom, um, it's to take them. Offline take them and understand them and don't take them as a personal attack because it's just a ploy. It's a tactic And um while we're sitting there going, how could you not love your children anymore? Um, it's it's much bigger than that.

[01:57:45] It's it's something that without proper preparation for a divorce Um, you're going to lose in a very big way because they go for the jugular. There's no question about it If they [01:58:00] punch, um, you know, they're gonna punch harder. And if you're not prepared for that and you're in this innocent, it was a wonderful marriage.

[01:58:10] I want to keep it together. They're going to walk all over the victims. You know, Tracy, um, that just rings a lot of bells with some of the things that Rebecca and I have spoken about because, you know, as I think Rebecca mentioned just before we started this podcast, um, you know, we Not too many narcissists end up in long term marriages.

[01:58:32] You know, these are, these are not marriages that are successful. So we have certainly seen our share of divorces and for relationships that have broken down because of this narcissist cycle, narcissistic cycle. Um, they go

from bad to ugly. pretty fast, uh, in the courtroom. And I was just thinking you might, can you share some stories of things that you've heard, um, that narcissists have subjected their, I'll call them victims [01:59:00] to in the courtroom setting or in the divorce setting, you know, that might, uh, spark some, um, understanding for our listeners.

[01:59:07] Well, a narcissist will actually attack your best qualities. That's just a fact. So if you are a wonderful mother, There's nothing better or that's going to hurt you more than to be accused of being a terrible mother. And so they're going to attack the things that you most value. And so in that, um, I was attacked, um, in, in my divorce.

[01:59:33] With very false accusations. False accusations that I had stolen money and false accusations that I had forged paperwork. None of this was real. And yet they were the ones actually forging paperwork and you know, Projecting what they were doing. And yet I had to defend myself. I had to protect myself. And, um, so many people will experience the, [02:00:00] you're a terrible parent and they'll have, um, child protective services called on them when they are the most loving, caring parents.

[02:00:09] But if you, if you see these things coming in, they are there to distract the judge. They're there to distract and. Draw out this, um, divorce to be as long as possible. They're doing it for lots of different reasons. One of them is generally financial that, um, perhaps they have more money, um, and they can, they can rake you over the coals and a lot of people end up going bankrupt from a 100, 000 divorce.

[02:00:40] So, um, it's making you suffer as part of the, that's the whole thing. Yeah, and that's what messes with people's heads. The most is that these false accusations, no matter what it is, um, it hurts. You get sucked into the trying to [02:01:00] defend yourself or trying to rationalize their crazy behavior. And there's no, there's no rationalizing crazy.

[02:01:07] Well, and you never get to deal with the actual facts of what's best for the children. In reality, because you're dealing with the accusations that you're a bad parent or something like that. So that you stole money or whatever it is. So you're so busy dealing with all of that craziness that you never move forward with the actual divorce.

[02:01:27] No, it's, it's such a common thing to project out that, um, someone is something that they're not to accuse them so that they have to defend themselves and, and that's, that's the hardest part in going through a divorce

with a narcissist. Um, they are the high con. Conflict divorces. They are the ones that don't end.

[02:01:49] I had seven trials. I felt like Casey Anthony. I'm like, did I kill my daughter or something? I don't understand why we're fighting over this much. Why? [02:02:00] But you know, as, and I admire you for continuing the fight though, because you know, even though it's hell to get out of it. And we talked about, you know, the name of our episode today is escaping hell.

[02:02:14] Um, but I, you always used to tell my clients and, and a lot of times it was the women who were more of the victim, but there's definitely men victims as well. Um, but I would say to them, your choices are really, there's only three choices here. It's stay with the person. Which, as soon as I would say that, they would say, no, no.

[02:02:36] Okay, so door number two is take your pat on the head and take exactly what they want you to take in the divorce. Whatever the parenting plan is, whatever the support is, whatever the, um, the, the property division that they think is, uh, you know, fair to them, which is, you know, basically nothing for you and all for them.

[02:02:59] [02:03:00] or door number three is to fight for what's fair. I mean, those are really the options. And so, um, you know, I like what you said about, you know, making sure you have the right support and because it's gonna take every ounce of strength you've got. And unfortunately, it can cost that 100, 000 that you talked about as well.

[02:03:20] Tracy, those are, you know, that fight, even if it's the good fight or the fight based on facts cost a lot of money. in a courtroom. Yeah. And it's just that sort of mad, rabid dog that just keeps coming back. You know, you just think, why can't this just end? Like, I'm not fighting you. Why does it have to keep?

[02:03:43] Why is something coming out every single time we go to court? And, um, it confuses the victim. It really confuses them because they truly believe that there was a real marriage and that This shouldn't be happening. So when these things [02:04:00] happen, um, it really messes with their head, right? Because the goal is not to just pragmatically, you know, settle the divorce.

[02:04:09] The goal is to make you suffer and they'll fight for things that they don't even want. Um, like kids, this is a huge thing. They don't even want them, but they don't want you to get them and they're willing to fight again. without

any reason or any real interest in. But it's just the battle. It's the battle to watch you squirm in court and that's their goal.

[02:04:34] If they can fulfill that, they feel like they've gotten away with something. And when they tip you in court and they tip you, um, in the parental, um, parenting plan and they get you upset, be really aware that they could be recording you and then using that against you. There's so often where their manipulation of baiting someone is to [02:05:00] push you to that point so that you do look crazy.

[02:05:02] So now they can go around to their next victim and the next victim and tell everyone how crazy you were. So really common.

[02:05:30] Thanks for listening to this episode of Negotiate Your Best Life. Remember that I have brand new episodes just like this on my YouTube channel every single day. So if you want to be empowered every single day, head over to my YouTube channel and also, So you can follow me on Instagram at Rebecca Zung or my TikTok at Rebecca Zung as well.

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[02:06:24] I can't wait to support you in your journey to taking back your power. And otherwise, I will see you right back here for the next episode of Negotiate Your Best Life. I am so excited to supporting you. And remember that today is a great day to start negotiating your best life.