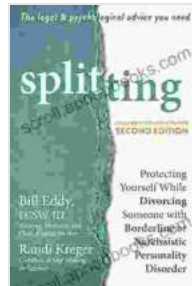


Protecting Yourself While Divorcing Someone With Borderline or Narcissistic Personality Disorder



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

★★★★☆ 4.7 out of 5



Are You Divorcing Someone With BPD or NPD? Protect Yourself!

If you are considering or going through a divorce from someone with borderline personality disorder (BPD) or narcissistic personality disorder (NPD), it is important to take steps to protect yourself. These individuals can be very difficult to deal with, and their behavior can be unpredictable and even dangerous.

This comprehensive guide will provide you with strategies for staying safe, taking care of your well-being, and protecting your legal rights during and after the divorce process.

Understanding Borderline Personality Disorder and Narcissistic Personality Disorder

Borderline personality disorder (BPD) and narcissistic personality disorder (NPD) are two serious mental health conditions that can have a significant impact on relationships.

People with BPD may experience:

- Intense mood swings
- Impulsivity
- Difficulty controlling their anger
- Suicidal thoughts or behaviors
- Fear of abandonment

People with NPD may experience:

- A grandiose sense of self-importance
- A need for constant admiration
- A lack of empathy
- A sense of entitlement
- Arrogance

It is important to note that not everyone with BPD or NPD is dangerous or abusive. However, these conditions can make it difficult to have a healthy relationship.

Protecting Yourself During the Divorce Process

If you are divorcing someone with BPD or NPD, it is important to take steps to protect yourself.

Here are some tips:

- **Set clear boundaries.** Let your spouse know what you are and are not willing to tolerate. For example, you may need to limit contact with them or set rules about how they can communicate with you.
- **Document everything.** Keep a journal of all interactions with your spouse, including phone calls, text messages, and emails. This documentation will be helpful if you need to get a restraining Free Download or if your spouse tries to deny or minimize their behavior.
- **Get support from others.** Talk to friends, family, or a therapist about what you are going through. They can provide you with emotional support and help you to develop strategies for dealing with your spouse.
- **Be aware of your own mental health.** Divorce is a stressful process, and it is important to take care of your own mental health. Make sure to get enough sleep, eat healthy foods, and exercise regularly.
- **Consider getting a restraining Free Download.** If you are afraid for your safety, you may need to get a restraining Free Download. A restraining Free Download will legally prohibit your spouse from contacting you or coming near you.

Protecting Yourself After the Divorce

Even after the divorce is final, it is important to continue to protect yourself from your ex-spouse.

Here are some tips:

- **Stay away from your ex-spouse.** If it is safe to do so, avoid any contact with your ex-spouse. If you have to interact with them, keep it brief and to the point.
- **Change your locks and security settings.** This will help to prevent your ex-spouse from coming into your home or accessing your personal information.
- **Be aware of your surroundings.** Pay attention to who is around you and be aware of any potential threats.
- **Trust your instincts.** If you feel like something is wrong, it probably is. Listen to your gut and take steps to protect yourself.

Taking Care of Your Well-Being

It is also important to take care of your own well-being during and after the divorce process.

Here are some tips:

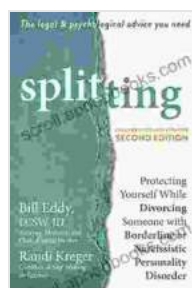
- **Set realistic goals.** Don't try to do too much too soon. Focus on one step at a time.
- **Take care of your physical health.** Eat healthy foods, get enough sleep, and exercise regularly.
- **Take care of your emotional health.** Talk to a therapist or counselor about what you are going through. They can help you to process your emotions and develop coping mechanisms.

- **Spend time with loved ones.** Surround yourself with people who care about you and support you.
- **Be kind to yourself.** It's okay to make mistakes. Forgive yourself and learn from your experiences.

Getting a divorce is never easy, but it can be especially challenging if you are divorcing someone with BPD or NPD. However, by taking the necessary steps to protect yourself, you can get through this difficult time and move on to a healthier and happier life.

Below, find helpful links for resources to get the legal and emotional support you need during and after your divorce:

- The National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- The Rape, Abuse & Incest National Network (RAINN): 1-800-656-HOPE (4673)
- The National BFree Downloadline Personality DisFree Download Association
- The National Association for People with NPD



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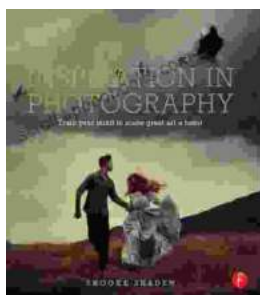
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