

Financial Strategies for Divorcing a Narcissist

1. Understanding the Narcissist's Divorce Tactics

Just as your narcissistic spouse drained you of confidence and happiness in your marriage, they'll aim to drain you of your financial and emotional resources during divorce proceedings. They'll drag out the divorce process by hiding assets, filing useless motions and petitions, submitting incomplete bank statements, and hiding assets.



2. Beating a Narcissist in Divorce Court

Once you've prepared yourself against a narcissist's strategies, you're ready to take a stand against them in court. Preparation starts with searching for lawyers who specialize in narcissistic abuse. These attorneys will not only understand what you've gone through, but they're the best equipped to help you beat a narcissist in court.

3. Divorce Negotiation Strategy for Financial Protection

Next, you'll want to focus exclusively on your financial situation. If you don't already have a separate bank account from your spouse, get one as soon as possible. You may need to do it secretly. If you feel like your finances aren't safe, seek a financial restraining order.



4. Negotiating with a Narcissist

Going back to the idea of keeping your emotions in check, you'll need to adopt this strategy outside of court, too. In mediation and negotiations, always strive to use a business-like approach. Communicate as little as possible, and use your lawyer for all formal communications.

5. Finding Financial Freedom After Divorce

While "divorce" can be a terrifying word, divorcing a narcissist actually opens the door to a new life. Where you were previously beaten down, divorcing a narcissist allows you to regain financial freedom and no longer fall victim to a narcissist's financial abuse.

