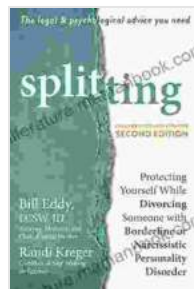


Protecting Yourself While Divorcing Someone With Borderline or Narcissistic Personality Disorder

If you're divorcing someone with borderline or narcissistic personality disorder (BPD or NPD), it's important to take steps to protect yourself. These individuals can be manipulative, unpredictable, and even dangerous. By understanding their behavior and taking the necessary precautions, you can minimize the risks and protect yourself during this difficult time.



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

★★★★☆ 4.7 out of 5



Understanding Borderline Personality Disorder

Borderline personality disorder is a mental health condition that is characterized by a pattern of unstable relationships, self-image, and emotions. People with BPD often have difficulty regulating their emotions, and they may experience extreme mood swings, impulsive behavior, and self-harm.

In a divorce, someone with BPD may be especially vulnerable to emotional manipulation and attempts to control the situation. They may also be more likely to engage in risky or self-destructive behavior. It's important to be aware of these potential risks and to take steps to protect yourself.

Understanding Narcissistic Personality Disorder

Narcissistic personality disorder is a mental health condition that is characterized by an inflated sense of self-importance, a need for admiration, and a lack of empathy. People with NPD often have difficulty forming meaningful relationships, and they may be manipulative and exploitative.

In a divorce, someone with NPD may be especially focused on protecting their own self-image. They may be more likely to engage in legal battles, smear campaigns, or other attempts to damage your reputation. It's important to be aware of these potential risks and to take steps to protect yourself.

Protecting Yourself During Divorce

If you're divorcing someone with BPD or NPD, there are a number of things you can do to protect yourself:

- **Educate yourself about the disorder.** The more you know about BPD or NPD, the better equipped you'll be to understand your spouse's behavior and to take appropriate precautions.
- **Set boundaries.** It's important to set clear boundaries with someone with BPD or NPD. Let them know what behavior is acceptable and

what is not. Be firm but fair, and don't be afraid to enforce your boundaries.

- **Document everything.** Keep a record of all communication with your spouse, including emails, text messages, and phone calls. This will help you to protect yourself if they make false accusations or try to manipulate the situation.
- **Seek professional help.** A therapist can help you to understand BPD or NPD, develop coping mechanisms, and create a safety plan.
- **Be prepared for the unexpected.** People with BPD or NPD can be unpredictable. Be prepared for them to make false accusations, try to manipulate the situation, or even engage in violence. If you feel unsafe, call the police or seek help from a domestic violence shelter.

Divorce Resources

If you're divorcing someone with BPD or NPD, there are a number of resources available to help you:

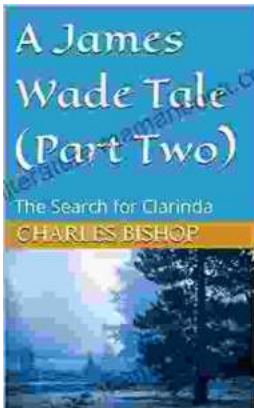
- **The National Domestic Violence Hotline:** 1-800-799-SAFE (7233)
- **The National Sexual Assault Hotline:** 1-800-656-HOPE (4673)
- **The National Suicide Prevention Lifeline:** 1-800-273-8255
- **The American Psychological Association:** <https://www.apa.org/>
- **The National Alliance on Mental Illness:** <https://www.nami.org/>

Remember, you're not alone. There are people who can help you through this difficult time. By taking the necessary precautions and seeking support, you can protect yourself and move forward with your life.



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