

# Are you counting down the days until the divorce goes through?

If you are in the middle of a divorce, chances are you can't wait for it all to be over.

As soon as the divorce goes through, life can be normal again.

You can finally start to heal after all the negative things that have happened in your marriage and you'll be able to put your life back together the way you want it.

You may think that the divorce process is simple, and you're within reach of freedom and happiness.

But if your ex is a narcissist, I've got some very bad news...

## **Divorce is tough, but divorcing a narcissist is IMPOSSIBLE!**

I'm Christine Hammond. I'm a licensed mental health counselor and the author of, *The Exhausted Woman*.

If you've been married to a narcissist, you don't need me to tell how self centered they can be. And how unwilling they are to admit that they were ever wrong about anything.

They always need to be right, look superior and be in charge. And they will do or say almost anything to prove their own faultlessness.

The things that it hard to be married to a narcissist will make your life even worse being divorced to one.

As a therapist I have worked with thousands of families through divorce, and narcissists have nasty a bag of tricks.

The surprise abusive attacks followed by the desperate pleas to remain together create confusion, frustration, and anxiety.

They will show up to court and turn on the charm, and manipulate the judge, your family members and *even your own lawyer* into believing that they are the victims leaving the real spousal victim without support.

That means that you are in very real danger of losing things that are important to you.

- Alimony
- Custody
- Child support
- Your reputation and your relationships

I don't want this to happen to you. I don't want to you let your ex jerk you around with these legal and emotional tactics that will result in you giving in to their demands and not getting the things you need after the divorce.

There is a lot at stake. Your future, your finances, and the way that you interact with your kids and your ex for the rest of your life, all depend on how the divorce plays out. And narcissists are famous for being impossible to deal with in court.

That's why I want to invite you to join me for my upcoming webinar, "Surviving a Divorce with a Narcissist." Click the button to reserve your spot.

During the webinar we'll talk about all the underhanded tactics that narcissists use to get what they want during divorce proceedings. Once you are aware of what is going on, what they are up to, you will be able to think clearly and form a plan that will help you make the best decisions for you and for your family.

I've seen enough spouses get the short end of the stick during a divorce. It's just not right, and I've had enough. Sign up now and put an end to the manipulation.

## **Stop the roller coaster, I want to get off!**

Have you ever heard of the Cycle of Abuse?

Lenore Walker coined the term in the seventies and it describes the pattern of tension building, acting-out, reconciliation/honeymoon, and calm that happens in most abusive relationships.

However, when a narcissist is the abuser, the cycle looks different.

Narcissism changes the back end of the cycle because the narcissist is constantly self-centered and unwilling to admit fault. Their need to be superior, right, or in charge limits the possibility of any real reconciliation.

Instead, abused spouse desperately tries to gain forgiveness while the narcissist plays the victim. This switchback tactic emboldens the narcissist behavior even more, further convincing them of their faultlessness.

The cycle begins when there is a threat to their authority or their ego.

They take it out on their partner with physical, mental, financial, verbal or sexual abuse.

When the partner fights back the narcissist turns it around and acts like the victim! The abused partner winds up apologizing and giving in, which empowers the narcissist and the cycle begins again.

## **The abuse cycle will get worse in divorce court, if you let it.**

One move that they can use to hurt your case is when they abuse you, but switch it around so they look like the victim while you look like the abuser.

If you've ever defended yourself against your ex, fought back in any way, they will use that behavior as further evidence that *they are the ones being abused*.

The narcissist believes their own twisted victimization so much that they will up your self-defense moves and make it seem like you initiated the abuse.

I've seen many spouses so full of feelings of remorse and guilt. They accept this warped perception and try to rescue the narcissist. They give in to what the narcissist wants, accepting unnecessary responsibility, placating the narcissist to keep the peace, and agreeing to the narcissistic lies.

This happens in the courtroom all the time. And this is where things go very badly for the people who are trying to divorce a narcissist.

And in the webinar, you'll find out how to deflect these types of attacks.

You'll also find out how to deal with other tactics that narcissists use. Tactics like...

- Bullying scare tactics and threats.
- 'I love you'/'I hate you' Tugging at your heartstrings and slamming you down, and keeping you on an emotional roller coaster ride keeps you feeling uncertain.
- Bait and switch. For example, dangling attractive bait such as money, and then saying something hurtful like, "You only married me for the money, you are such a whore."
- Using excessive motions, delays, and other stall tactics to drag out mediation (to hide their guilt and wear you out so you give them what they want).
- Luring children to their side with Disney parenting.

**You won't be able to find specific advice on how to navigate this sticky situation anywhere else on the internet**

As a therapist, I have been working with families for 15 years. I believe that individuals are inseparable from their relationships and have been using the Family Systems approach to resolve relationship disputes, establish healthy boundaries, restore order to chaotic situations and stop cycles of abuse.

I specialize in personality disorders like narcissism and borderline personality disorder, as well as addictions, ADD, OCD, codependency, anxiety, anger, depression, parenting, and marriage. My podcast, *Understanding Today's Narcissist*, examines the disorder in-depth.

During this webinar, I will offer you my unique perspective on this situation and give you the tools you need to not only survive the divorce, but thrive.

## **Invest in yourself and give yourself the tools to deal with the deception**

\$150 may seem like a lot to spend on a webinar...

... I mean, most of the webinars you see online are free. (But that's because they want to sell you something during the webinar).

I normally charge \$200 for a one hour divorce planning session. This is a four part webinar that will cover more ground than I could in one hour, and you will have the opportunity to ask questions anonymously.

Most divorce attorneys will charge you \$150 for a half hour of their time. Knowing this information ahead of time will save you hundreds if not thousands of dollars in wasted attorney's fees.

And we can't forget what is at stake here, when you're getting a divorce.

All those tricks that narcissists pull during divorce proceedings, the tactics in court, the manipulation, the alienation, the gaslighting, and *of course* the charm.

There is a reason that they do all of that.

They want to get their way.

And if you don't know what you're up against.... If you don't have a plan to fight back... you risk losing alimony, child support, the house, the car, and custody of the children.

Believe me, your partner is not going to fight fair in divorce court. Sign up now.