

Email 1

Subject: Thanks for downloading the checklist

Thank you for downloading the checklist, "Seven Signs that you Might be Married to a Narcissist." I hope that it answered some of your questions.

But the bad news is that if you are, in fact, married to a narcissist, you will need help.

Because some of the things they do will hurt you.

What kinds of things?

- Expecting you to meet their needs all the time, without ever returning the favor.
- Accusing you of being "needy", "never satisfied", and "ungrateful" when really they are the one who has those negative characteristics.
- Being jealous of anyone or anything that has your attention... including your children, pets, family and job.
- They might punish you, abuse you, threaten to leave you, provoke you to leave and then act like the victim, and find all kinds of ways to manipulate you.

Chances are, things haven't been easy. I also want you to know that I am here for you.

I am a Licensed Mental Health Counselor and Qualified Supervisor by the State of Florida, a National Certified Counselor, Parent Coordination trained, a Collaborative Practitioner, Certified Family Trauma Professional, Trained Crisis Responder, and Group Crisis Intervention trained.

I've been studying narcissism, writing about the condition and working with families for years.

You reach me at [407-647-7005](tel:407-647-7005) or email me [here](#).

I'll be sending along articles and information that I hope will be helpful and interesting to you. They will come on a regular basis, so keep an eye out.

Warmly,
Christine Hammond

P.S. If these emails aren't what you were looking for, you can always unsubscribe by clicking the link at the bottom of every email.

Email 2

Subject: Let's connect on Facebook

Subject: Are you on Facebook?

If you're on Facebook, let's connect!

Here is the link to my page:

https://www.facebook.com/Christine-Hammond-MS-LMHC-207741272607033/?view_public_for=207741272607033

When you go there you find lots of articles that I share about psychology, mental health and about taking care of yourself.

Many of the articles were written by me, on my blog. Especially the ones about narcissism, like "How to Stop the Honeymoon Phase of Narcissistic Abuse" and "Why Adults Throw Toddler Temper Tantrums."

If you're dealing with a narcissist in your life, it's complicated.

On the Facebook page I'll share a lot of different ways of looking at it, a little bit at a time.

Here's the link again.

https://www.facebook.com/Christine-Hammond-MS-LMHC-207741272607033/?view_public_for=207741272607033

See you there!

Christine

Email #3

Subject: Check out my podcast, "Understanding Today's Narcissist"

I've put together a lot of free resources that will help you deal with the narcissist in your life.

My podcast, "Understanding Today's Narcissist" covers a lot of information about narcissism and how it can affect your life.

You can listen to it for FREE on iTunes, here.

<https://itunes.apple.com/us/podcast/understanding-todays-narcissist/id1209719013?mt=2>

There are 26 episodes up so far and I'll continue to add more every week.

Some of the topics that I've covered include...

- How to divorce a narcissist
- How to work with a narcissist
- Narcissistic mothers
- The cycle of abuse with narcissists; including legal, spiritual, financial, sexual, physical, verbal and emotional abuse.

One of the reviewers wrote, "Your podcast is helping the healing process." And that is my goal. To give you the information and support you need.

I grew up with a narcissistic father and grandmother, and later married (and divorced) a narcissist.

Once I recognized what was happening... once I realized that narcissism is a psychological condition that affects the people in the narcissist's lives. Living with a narcissist can be especially hard on spouses.

All the podcast episodes are right here.

<https://itunes.apple.com/us/podcast/understanding-todays-narcissist/id1209719013?mt=2>

Warmly,
Christine

Email 4

Subject: Can I ask a personal question?

I realize that this isn't a polite question, but I have to ask because it will make it possible for me to help you.

Are you thinking about getting a divorce?

Or are you already in the process of getting a divorce?

The reason that I ask is this...

The divorce process is hard enough to go through under normal circumstances. You are hurting, your partner is hurting, and your children, who are caught in the middle, suffer the most.

Within reach is the freedom that you've been longing for all these years. It's time to pull yourself out of this dark and horrible place and grab at your chance of happiness with both hands.

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

In the courtroom, your soon-to-be-ex-partner will make unreasonable demands.

They will insist that they are right... and you are wrong about everything.

They will convince everyone, even you, that you are a horrible parent and why on earth would the court give the kids to you?

They will go after any assets of value including the house, the cars, your retirement savings, inheritances that were specifically given to you and not them. A narcissist will claim that they deserve all of it because of all the horrible things that you did to them.

Your ex will turn your kids against you and fight to give you as little access to them as possible.

Your Spouse Will Try to Take Everything You Value and More

There is no logical reason that someone should behave this badly. It's beyond all reason or comprehension.

All I can say is that Narcissism is a real psychological condition, and the people who are closest to them often experience a very familiar pattern of abuse that doesn't magically go away the moment you agree to a divorce.

Throughout the process, you need to stand up for yourself. It's going to be hard, but I can help.

I've put together a four part recorded seminar called, "How to Survive a Divorce with a Narcissist," where I explain all the tactics your spouse may use in court, and show you exactly what you need to do to overcome everything they may throw at you.

Now that you have made the decision to get a divorce (... or the decision has been made for you) you are in for a rough ride.

As a therapist I have helped thousands of families through divorce. Narcissists have nasty a bag of tricks, and you need to know what to say to shut them down, stop this horrible behavior and make them leave you alone.

This four part seminar was originally \$150, but now it's available for a fraction of the price. You can get all the recordings, and all of the crucial information that you need, for only \$XX.

[Click here to get your copy.](#)

Christine

P.S. The courts, and your lawyer, are simply not equipped to help you deal with your narcissistic partner. 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 soon-to-be ex jerk you around with these legal and emotional tactics that will result in you giving in to their

demands and not getting what you need after the divorce. Click here to get the recordings.

Email 5:

Subject: Make a one-on-one appointment with me

I've made it my life's work to understand what makes narcissists act the way they do.

But I'll never forget the first time I heard the term "narcissist".

My best friend came to me, so upset and confused. She could not figure out what was going on with her husband. She started describing him... his symptoms, really...

He was arrogant, demanding, would never apologize for anything. He would be so rude to others, but then could be unbelievable charming at times. He could be nice and get along with people, but then be overbearing and make up stories that just weren't true. He exaggerated all the time.

It all sounded so familiar to me. Because I grew up with a father and a grandmother who were both just like that.. I remember the pain I felt as a child, never being able to win their love and experiencing the chaos of my parents' divorce.

But I had no idea that there was a word for this type of thing.

I put those symptoms into the computer into a search engine and that's when "narcissist" came up.

That's when the light bulb came on, and I began to study narcissism. Over the years I've learned how to work with narcissists and their families.

And while I've recognized some behavior patterns in narcissists, and I know what types of problems their families face, I know that your family is unique.

Your problems are yours and you may need to work through them one-on-one. Or as a family.

[Click here](#) to make a counseling appointment, or call [407-647-7005](tel:407-647-7005). The appointment is \$125 per hour. We'll work through the issues that come up in your marriage or in your personal life.

Warmly,
Christine Hammond