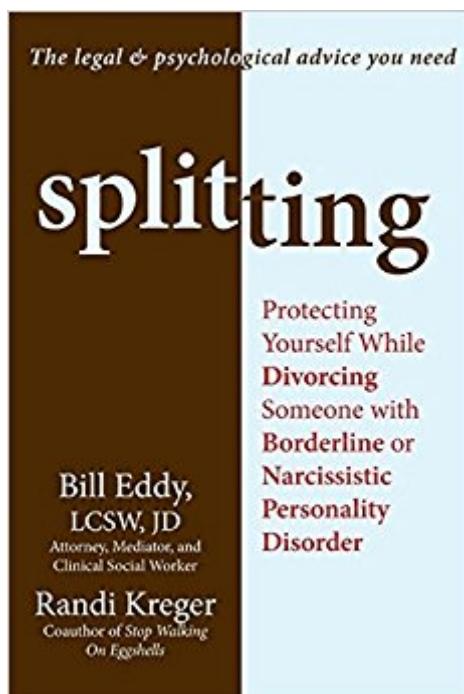


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# Splitting: Protecting Yourself While Divorcing Someone With Borderline Or Narcissistic Personality Disorder



## Synopsis

Protect Yourself from Manipulation, False Accusations, and Abuse Divorce is difficult under the best of circumstances. When your spouse has borderline personality disorder (BPD), narcissistic personality disorder (NPD), or is manipulative, divorcing can be especially complicated. While people with these tendencies may initially appear convincing and even charming to lawyers and judges, you know better—many of these persuasive blamers—leverage false accusations, attempt to manipulate others, launch verbal and physical attacks, and do everything they can to get their way. Splitting is your legal and psychological guide to safely navigating a high-conflict divorce from an unpredictable spouse. Written by Bill Eddy, a family lawyer, therapist, and divorce mediator, and Randi Kreger, coauthor of the BPD classic Stop Walking on Eggshells, this book includes all of the critical information you need to work through the process of divorce in an emotionally balanced, productive way. Turn to this guide to help you: Predict what your spouse may do or say in court Take control of your case with assertiveness and strategic thinking Choose a lawyer who understands your case Learn how e-mails and social networking can be used against you

## Book Information

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## Customer Reviews

[View larger](#) From the Book: A Quick Start Guide The more prepared you are, the less likely you will be to have a high-conflict divorce. Take a look at these tips for protecting yourself and your children during a difficult or hostile divorce. While they may not fully protect you, the sooner you take

action on them, the better off you will be. You can find out even more survival tips by reading *Splitting*.

[View larger](#) From the Book: Does this sound like your partner? During a divorce, some partners with narcissistic personality disorder (NPD) or borderline personality disorder (BPD) may feel justified in treating you in one or more of these extreme ways.

“Splitting provides concise, clear, and invaluable advice for strategically navigating a divorce from someone who has narcissistic or borderline personality disorder. Following the suggestions laid out in this book will greatly increase the readers’ odds of having a successful marital dissolution under these difficult circumstances.”  
• Susan Pease Gadoua, LCSW, founder and executive director of the Transition Institute of Marin and author of *Contemplating Divorce and Stronger Day by Day*

Splitting is an essential legal and psychological guide for anyone divorcing a "persuasive blamer": someone who suffers from borderline personality disorder (BPD) or narcissistic personality disorder (NPD).

Does your partner have periods of uncontrollable rage? Bizarre behaviors? A truly astonishing ability to twist words and reinterpret reality around you? Wild mood swings? Hair trigger temper? Have you been desperate enough that you spend your free time surreptitiously Google-ing psychological disorders to try to "poor mans diagnose" what you're dealing with? Clearly you have. If you're reading this, you're probably doing research Right Now in the vain hope of getting an answer to the one question you've been asking yourself night and day for as long as you can remember: What Do I Do? If that sounds like you, get this book, it will save your life. On second thought, clear your browser cache, erase cookies and search history, and beg a friend to buy this book for you so it does not get shipped to your home address. I'm not kidding. Read the title again.

After 11 years as a criminal investigator, I medically retired from law enforcement due to line of duty injuries and continued my graduate education in forensic psychology. A year before completing my PhD I was retained as an investigator in a high conflict divorce involving a Blumer party that displayed many features of Cluster B personality disorders (Borderline, Narcissistic, et al). I found the authors' work highly informative in preparation for my first testimonial hearing before the family

court as well as in preparation of my investigative reports. I recommended the non-Blumer party who had retained my services read this book as well, and that person found the information very calming in that it helped him realize that he was not alone in his experiences and the battles that lay ahead in the divorce proceedings. As I complete my PhD and transition to a full-time forensic psychologist, this book will remain in my repertoire for recommended client reading.

All of Bill Eddy's books are exceptionally useful and affirming for those of us who work in (and perhaps live in!) the fields of domestic violence education, counseling, and family court & its spin-off services. This one is co-written with Randi Kreiger, who wrote the ground-breaking "Stop Walking on Eggshells", about understanding (and protecting yourself from) the personality roller coaster that is Borderline Personality Disorder.

This is the single most useful book I've read during my separation. I even recommend it for people who are not separating, but have a partner or family member with a personality disorder.

My client advised me to read it, and I am learning a lot. I wish it wasn't so, the BPD situation in a dissolution of marriage is a real nightmare. Between NP and BPD, Narcissism is probably the most difficult and yet predictable of the behavioral personality types. So there is hope for a tactical approach to a troubled dissolution or any situation where self-aggrandizement and ego-centrism may be a sub-text or behavior pattern.

This just confirmed what I thought was going to be the road ahead, but based on real experiences of those involved in court, albeit in the US vs my country. Just like the personality traits they seem to come from some unwritten rule book, so does this separation behaviour. Gather evidence, stay calm and focused on the outcome you need/want/require and (my view) get away from them as soon as you can and, hopefully, with your/our newfound ability to spot the stripes of the tiger...don't get caught again!

clinical diagnosis or not, this is a wonderful educational tool on how to approach a situation with someone who carries any or all of these traits. I highly recommend it to anyone who has children with someone like this. It helped me to prioritize & I feel it gave me the tools to protect my children & myself much better than I could on my own.

Book was BEYOND HELPFUL during my highly conflicting divorce. It was recommended to me by a physiologist. Anyone getting ready to seperate or divorce this is a key resource to have with you. Good reading

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Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder Walking On Eggshells No More, A Practical Guide To Understanding, Coping And Living With Someone Who Has Borderline Personality Disorder Or Narcissistic Personality Disorder. Narcissistic Parents.: 10 Tips on How to Not Hate Your Parents. Toxic parents,immature parents. (Borderline Personality Disorder, Narcissistic Parent, ... the Narcissist Book2.Immature parents.) The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship The Stop Walking on Eggshells Workbook: Practical Strategies for Living with Someone Who Has Borderline Personality Disorder One Way Ticket To Kansas Caring About Someone With Borderline Personality Disorder And Finding A Healthy You Narcissist: 50 Things to Know about a Narcissistic Personality Disorder The Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells 50 Things to Know about Borderline Personality Disorder Cognitive-Behavioral Treatment of Borderline Personality Disorder Borderline Personality Disorder For Dummies Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy Sometimes I Act Crazy: Living with Borderline Personality Disorder Skills Training Manual for Treating Borderline Personality Disorder Treatment of Borderline Personality Disorder: A Guide to Evidence-Based Practice Get Me Out of Here: My Recovery from Borderline Personality Disorder Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD Borderline Personality Disorder in Adolescents, 2nd Edition: What To Do When Your Teen Has BPD: A Complete Guide for Families

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