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Family issues during the pandemic? You don't have to do it alone.



Welcome to the end of July! The news is still overwhelming and so many of us are bored/confused/depressed/anxious or all of the above. Get outside if you can! The flowers are blooming and nature goes on for us to enjoy. Be kind to others and especially yourself.

Some highlights of July you might not know:

July 19th is National Ice Cream Day! Alright it may have been a few days ago, but don't let that stop you. Time is standing still these days anyway.

July 26th is Parent's Day. We at Edens Law Group give a shout out particularly to all divorced and divorcing parents. Give yourselves the credit you deserve and celebrate your day!

July 27th is New Jersey Day. Nothing is perfect, but we have a lot to be proud about in our state.

As stress is at an all time high due to financial and health concerns. Social isolation in an unhappy marriage can seem unbearable.

Edens Law Group is here to help. Our lawyers are working remotely to attend to our clients needs. We are here to help.

If you would like to speak with an experienced family law attorney click the box below. We are available by phone or video for a free Strategy Session.

[Click Here to Schedule your Free 1-hour Strategy Session](#)

Divorcing a Narcissist: What Steps You Need to Take

Life is never easy when you're married to a narcissist, but divorcing one is even harder. Getting a [divorce](#) is



already hard enough, and with a narcissist in the mix, it can feel downright impossible. However, there are steps you can take to make it through this challenging process.

Is Your Spouse a Narcissist?

Narcissists have a personality disorder called narcissistic personality disorder (NPD). To officially be diagnosed with NPD, individuals must meet specific 5 out of 9 characteristics found in the Diagnostic and Statistical Manual of Mental Disorders. However, many narcissists never get an official diagnosis.

Narcissism can be displayed in many ways. People who experience NPD often exhibit the following behaviors:

- An inflated sense of their self-importance
- A deep desire for excessive admiration and attention
- Preoccupied with success, power, and beauty
- Troubled relationships
- A lack of empathy for others
- Believe they are superior and should only associate with those equally as superior
- Belittles and looks down on those they deem less worthy
- Expect extravagant favors always to be fulfilled
- Takes advantage of others for their benefit

How to Divorce a Narcissist

Narcissists will do anything to win, which makes divorcing one incredibly difficult. They cannot stand to lose; they want to look like the “good” person in the situation; they have to be right.

Because of their egotistical personality, they don’t just give up. Instead, they persevere in the worst way possible. Narcissists will put their spouses through complete torture during the divorce process. But, that doesn’t have to be the case. Here are tips to make it through your divorce as easy as possible.

Make Copies of Everything

Gather all of your financial records and property information and make copies of them. Do the same for any texts, emails, voicemails, and photos you have with your spouse. Take screenshots of their social media profiles. If possible, do this before you let your spouse know you are interested in divorce. Once they know, they will start hiding as much information as possible.

A narcissist will try to take everything in a divorce. With money involved, your spouse will want to have a bigger settlement. They may even try to hide assets or forge records to get what they want. If you have children, they may try to make you seem like a bad parent so they can have full custody. You will want as much evidence and proof as possible, not only to refute any of their claims but also to show their behavior.

Hire a Divorce Lawyer that Specializes in Narcissists

The best thing you can do to protect yourself is by hiring a Chester divorce attorney that has experience dealing with narcissists. Narcissists will hire the best lawyer they can find, and they won’t be afraid to pull any tricks. You need an attorney on your side that can develop a strategy to combat your spouse’s schemes effectively.

Don’t Try to Reason With Your Spouse

They won’t listen to what you have to say, no matter how sound and logical it may be. A narcissist will only try to argue and manipulate the conversation into their favor. Changing their mind about anything will not go over well, and there’s no sense in going through that trauma. Instead, you should have your lawyer speak to your spouse on your behalf. You should have as little contact as possible with your spouse.

Speak to a Therapist

Being married to a narcissist can seriously affect your mental health. Speaking with a therapist can help you sort through all of the emotional turmoil and start the healing process. A therapist will also be a great resource to have during a divorce. It's someone you can lean on during this exhausting journey.

Be Prepared to Fight

When you are dealing with a narcissist, you'll have to keep your guard up and be brave. Divorcing one is no easy task. A narcissist will go after you and everything you care about in a divorce, regardless of the stakes, which is why you need to be prepared for anything.

Call [Edens Law Group](#) today at (908) 259-6565 if you need help divorcing a narcissist.

Parenting

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[This article](#) gives plenty of tips to make parenting this summer easier on both you and your children.

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