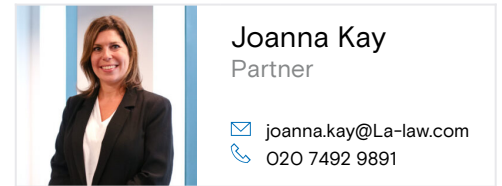




AUTHOR / KEY CONTACT

How to Divorce a Narcissist



How to divorce a narcissist

Narcissistic personality disorder is a personality trait involving excessive preoccupation with one's own needs, often at the expense of others. Some people may have narcissistic traits, whilst for others, this might be part of a rare mental illness such as narcissistic personality disorder. Separating from a narcissist is particularly difficult; the sense of entitlement and manipulative behaviour makes it more challenging to negotiate and reach a sensible solution in terms of a financial settlement or arrangements for children.

Separating from a narcissist

Those separating from narcissists need to build a support system, which might include family and friends, a counsellor and a solicitor. Our solicitors are experienced in advising in these situations. We will:

- distance you and your partner
- prepare you and develop a plan
- help navigate and focus discussions
- keep issues proportionate
- resist any ambushing/sidetracking of discussions.

Contact our [Family](#) law team today for a consultation. We will support you through this and help to achieve a fair resolution as swiftly and cost-effectively as possible. Call us on 01202786105 or email directly at Joanna.Kay@la-law.com.