

Co-Parenting With a Narcissist: A Survival Guide



The challenging process of co-parenting can become even more difficult when dealing with a narcissistic ex-spouse. Narcissists possess an excessive sense of self-importance, a constant need for admiration, and a lack of empathy for others.

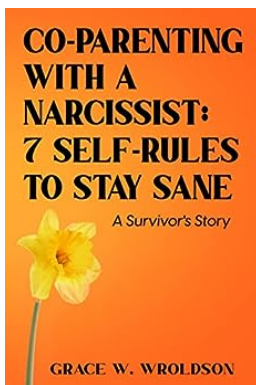
Their manipulative behaviors and egocentric mindset often make the co-parenting journey incredibly challenging and emotionally draining for the other parent.

Understanding Narcissistic Co-Parenting

Co-parenting with a narcissist is a tiring and emotionally overwhelming experience. The narcissistic parent's constant need for control and attention can negatively impact the child's well-being. It's crucial to understand the characteristics of narcissistic co-parenting to better navigate this challenging relationship.

1. Manipulation and Gaslighting

A narcissistic co-parent often manipulates situations to maintain control over the narrative, which makes it difficult for the other parent to communicate effectively or make decisions in the child's best interest. They may use gaslighting techniques to distort reality, making the other parent doubt their own experiences.



Co-Parenting with a Narcissist: 7 Self-Rules to Stay Sane (A Survivor's Story)

by Grace Wroldson (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English
File size : 3330 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 159 pages
Lending : Enabled



2. Lack of Empathy

Narcissists often lack empathy and don't prioritize the child's emotional needs. They may try to undermine the other parent's relationship with the child by making disparaging comments or attempting to turn the child against the other parent.

3. Covert and Overt Control Tactics

A narcissistic co-parent can exhibit both covert and overt control tactics. Covert tactics may include making unilateral decisions without consulting the other parent or subtly sabotaging the other parent's attempt at effective co-parenting. Overt control tactics may involve public humiliation, threats, or excessive legal battles.

Tips for Successful Co-Parenting with a Narcissist

1. Establish Clear Boundaries

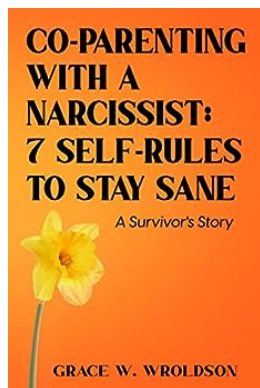
When dealing with a narcissistic ex-spouse, it's essential to establish and maintain clear boundaries. Clearly define the co-parenting responsibilities and make sure both parties understand and respect them. Focus on written communication to minimize manipulation and misunderstandings.

2. Utilize Third-Party Communication

In situations where open communication becomes challenging, consider utilizing a third-party communication method like email or a co-parenting app. This can provide a buffer and ensure that important information is shared without unnecessary conflict or manipulation from the narcissistic parent.

3. Keep Emotionally Detached

Dealing with a narcissist can be emotionally draining, but it's crucial to remain emotionally detached and not engage in their manipulative tactics. Focus on the well-being and best interests of the child, and try to minimize direct confrontation or engagement with the narcissistic parent.



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After ending the relationship with my child's father, I found myself attempting the impossible—co-parenting with a narcissistic ex. I was a loving, caring, concerned mother, but I was: criticized, attacked, blamed, discredited, smeared, and devastated by my ex. While in my care, our child was thriving. I worked overtime to protect her from the narc's subtle abuse and neglect. I was her buffer.

Cold. Cruel. Calculating. Clever. Charming. Conniving

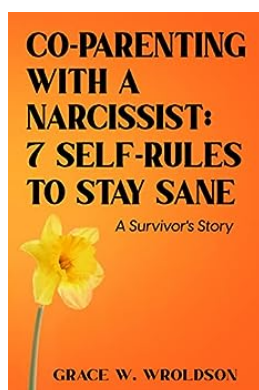
When he failed at controlling me, he sought to use legal means and the court system to take sole possession of our child. For eight years, he tried every narcissistic tactic to destroy me beyond what every professional involved had ever seen. In a cruel twist, he projected all his awful behavior onto me and he

was awarded full custody. After I lost custody, my goal changed to survival. I would not give up on my child! Through many hours of reflection, mediation, and therapy, I laid out my priorities. I would do my best to stay healthy and sane, validate my reality, and use protection agencies to the fullest extent.

Supported. Stable. Strong. Sane. Serene. Smart.

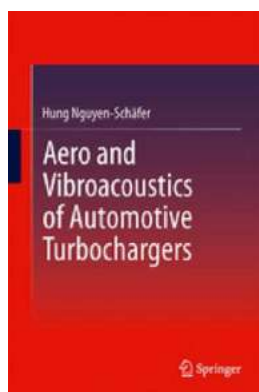
To repair my life, I identified 7 guiding principles that I call “Self-Rules.” This book is a survival guide for overcoming the seemingly impossible parenting dilemma. I share my powerful insights and first-hand experiences with you. My hope is that you will find validation, emotional support, and encouragement on your journey to become the best person and parent that you can be.

Buy this book today!



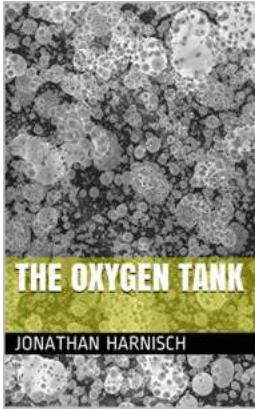
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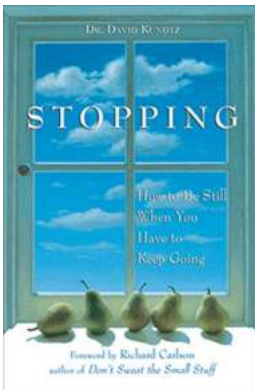
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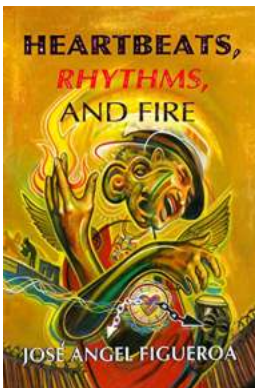
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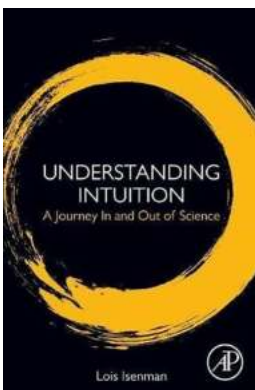
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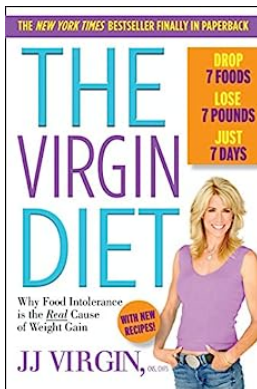
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