



Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder

By Randi Kreger, Bill Eddy

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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

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Editorial Review

Review

"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 [listeners'] odds of having a successful marital dissolution under these difficult circumstances." ---Susan Pease Gadoua, LCSW, author of *Contemplating Divorce*

From the Publisher

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).

About the Author

Bill Eddy, LCSW, JD, is cofounder and president of High Conflict Institute, LLC, in San Diego, California, and Senior Family Mediator at the National Conflict Resolution Center in San Diego, California.

Randi Kreger speaks and gives workshops about borderline personality disorder internationally and is the author of *The Essential Family Member Guide to Borderline Personality Disorder*.

Jeffrey Kafer is an avid performer on the stage and in voice-overs. He has narrated over one hundred books spanning all genres, and he won the 2008 Voicey Award for Best New Voice.

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