



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

By Bill Eddy, Randi Kreger

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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 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*

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, has been a family lawyer for over eighteen years and a therapist for over twelve years. He is senior family mediator at the National Conflict Resolution Center in San Diego, CA, and president of the High Conflict Institute based in Scottsdale, AZ. He is a faculty member at Pepperdine University School of Law and the National Judicial College and has provided seminars to judges, lawyers, counselors, and others on the subject of managing high-conflict personalities in legal disputes.

Randi Kreger owns and maintains www.bpdcentral.com, one of the largest and most popular websites about borderline personality disorder (BPD). With nearly twenty thousand active members, her website’s online community Welcome to Oz offers online support to friends and family members of those with BPD. Kreger was instrumental in the formation of the Personality Disorders Awareness Network (PDAN), a not-for-profit organization, and speaks at BPD workshops internationally. She is coauthor of **Stop Walking on Eggshells** and **The Stop Walking on Eggshells Workbook** and author of **The Essential Family Guide to Borderline Personality Disorder**. She lives in Milwaukee, WI.

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