

1 - One channel of communication

Your goal is to separate the communication channels used for work, friends, and family from the communication channel you use with the narcissist. As a start, you should immediately block the narcissist from ALL your social media profiles. This is a requirement—TRUST ME! You need to protect your mental health, and this is one important way.

If the separation is recent, your body will react to every message from the narcissist. Your heart rate might go up, and you may become nervous, angry, or scared. This is a completely normal physical reaction to the narcissistic abuse you have suffered.

If you can afford it, get a separate phone to use ONLY for communication with the narcissist in the case of an emergency with your children. Maybe you have an old phone that you can use for this. You should only turn it on when your children are in the care of the narcissist. Alternatively, you can install an app on your phone with a different phone number, just for the narcissist. Google “second smartphone number apps.” This is a less favorable option, as they can call you and interrupt your day whenever they want, but at least it’s a different communication channel.

IMPORTANT! There is no reason to talk to the narcissist other than for emergencies. If they call for anything else, tell them to send a message, and hang up. Below are some options for creating your one channel of communication.

Best options for written communication:

- ♥ Our Family Wizard app: Best option. This app has been approved by almost every court in North America. It allows the sender to see if the other person has seen the message and when. It also has a lot of additional features you might find useful when co-parenting with a narcissist. The only downside is the cost of around \$100/year. Find it [here](#)
- ♥ If you can’t afford to pay for an app like Our Family Wizard, create a new email address only for use with the narcissist. I recommend creating a Gmail address and installing the [Mailtrack](#) extension in order to track if the narcissist opens the emails you send. You should NOT have this email account on your everyday phone. YOU decide if and when to login and check the emails.
- ♥ If you have installed an app with a second phone number for the narcissist, you can pay to have txt messages activated. Just make sure whatever provider you pick, there’s an option to disable alerts. Remember the goal is to control when you want to check messages.

2 - The right mindset

After implementing strategy #1, you are now in control of WHEN you want to review messages from the narcissist. This gives you time and power to prepare yourself so that you are in the right mindset. Remember, your goal is to read the messages without having a physical or emotional reaction. I recommend checking messages once or twice per day at set times. It should be a time when you are generally the most calm and relaxed.

Before reading any messages from the narcissist, take 3-5 deep breaths. Inhale through your nose and exhale through your mouth with one hand on your belly and one hand on your heart. Feel the movement of your belly and notice how your heart rate is calm. Then, repeat the following three times either in your head or spoken out loud: “I am safe and grateful to be in control.”

Remember that the narcissist feeds on your reaction. The less you react physically to their messages, the easier it will be for you to answer unemotionally. Expect their messages to get angrier and more aggressive as you communicate without giving them the reaction they want.

3 - The tone of your messages

Everything you write (as well as everything the narcissist writes) can be used in court. Therefore, you should write as if a judge is watching over your shoulder. Every single time. Your style is “P-F-S”: professional, firm, and specific. There should be no emotion in your messages. Remember that getting a reaction from you is what the narcissist wants, so don’t give them the satisfaction!

You should ONLY answer questions regarding the children, or if necessary, regarding your separation/divorce. The urge to defend yourself will be unbearable, but that’s why Strategy #2 is so necessary—you need to be relaxed and your nervous system regulated before reading any message. If you get a message with 20 accusations and only one question about your children, ONLY answer the question regarding the children. You can do it!

If the urge to defend yourself is too great, write your reply on a notepad or type it out first. After one hour, read it again with the mindset that the judge is reading it too. Ask yourself: “Is this message going to help me look like the healthy, reasonable parent in court? Does this message show that I only have the best interests of my children in mind? If not, DON’T send it.

4 - You are in control

For a long time, what you wanted didn't matter. Now is the time to change that. In the beginning, when there is no official parenting agreement in place, YOU can take over. Whatever parenting plan works for you, whatever child exchange conditions you want, put it in writing and that's what will happen. If the narcissist doesn't show up at the time you agreed upon, they don't see the kids. If they want to bring the children to your door even though you previously agreed to meet at the mall instead—you won't be home when they arrive, you will be at the mall. If you absolutely need their input for something, you ask them once and then it's ALWAYS like that. Narcissists hate to follow plans and rules, even their own! But you and your children need stability and consistency.

If it's not absolutely necessary, you should NEVER ask the narcissist for their opinion, and you should absolutely NOT ask permission for anything. They have no say over you anymore! Often the court will keep most of the parenting schedule in place, especially if it's working well.

In terms of finances, it's important that you find a way to survive without the narcissist. Your dependency gives them too much power if you need their money right now. Once you are in court, they will be forced to pay child support and everything else they owe you. Don't give them the pleasure of having a tool to control you, because they will use it as a tool to make you miserable.

5 - Communication with other people

This is one of the hardest truths about your new situation. From now on, people are either on the narcissist's or on your side. Nobody can be friends with both anymore, and nobody can say "I don't want to be involved in your separation." If they are your real friends, they will be on your side. If they are doubtful about who to believe, you must make the decision that they belong on the narcissist's side.

The narcissist will go on a smear campaign telling lies about you and making you look like the bad guy. Even people you consider your friends will believe the narcissist over you. It is NOT your job to convince these people to believe you. Let them figure it out for themselves. For the time being, block everyone who's not on Team You from your social media and stop communicating with them. Ask everyone on Team You to block anyone who is on Team Narcissist. This is for your MENTAL HEALTH.

50 scripted answers to get started

These answers provided by “One mom’s battle” helped me tremendously in the beginning. Use them as templates and adapt them to your needs. With time you’ll create your own unemotional messages that will help you communicate effectively without showing emotions.

1. “Your attempt to portray me in a negative light is noted.”
2. “I look forward to getting to a place in our co-parenting relationship where we can negotiate things like this. For the time being, I intend to follow the order written by Judge (XYZ).”
3. “This has nothing to do with the matter at hand,” (repeat question they're trying to distract you from).
4. “I know that is your perception, but it doesn’t make it reality.”
5. “Your recent emails have been very condescending, accusatory and threatening. What I am perceiving to be malicious and intimidating communications from you, can be avoided if all communication regarding our children be kept business-like, non-harassing, and civil.”
6. “I do not agree with the veracity of much of what you have written but your attempt to portray me in a negative light is duly noted.”
7. “I do not feel these misrepresentations warrant a response and I see no purpose to this email other than to increase conflict. As such, I am noting my objection and your attempts to portray me in a negative light.”
8. “I do not agree with your portrayal of the event in question.”
9. “Your recollection of events differs greatly from mine.”
10. “Your version of these events albeit baseless and untrue, have been duly noted, documented, and cc'd to my attorney.”
11. “Your attempt to elicit a negative response from me has been noted.”
12. “Your response is noted.”
13. “Asked and answered.”
14. “I am not going to participate in your perceived conflict. I will abide by the parenting plan.”
15. “My personal life is none of your concern.”
16. “I will keep you abreast of anything that affects our child as it comes up. Thanks for your concern.”
17. “I will be following the court order as written.”
18. “Thanks for letting me know your thoughts, I’ll consider them.”
19. “Please contact your lawyer to voice your concerns.”
20. “Please refer to our most recent court orders dated (X/Y/2019).”
21. “How is this benefiting our children?”

22. "Thank you for voicing your concern."
23. "Your statement about (XYZ) lacks merit because (list facts)."
24. "Thank you for sharing your opinion."
25. "I'm sorry you feel that way."
26. "As stated in an earlier email... (restate the facts of previous answers)."
27. "Our parenting plan states (XYZ) and I will continue to comply with the court ordered parenting plan as consistency is in the best interest of our child."
28. "Your refusal to engage in effective communication is noted."
29. "Aggressive and demanding communication shuts down all efforts to co-parent and directly harms our children."
30. In response to threats, "If that is what you feel you must do, I understand."
31. "I'm sorry you feel that way. Now can we discuss the children?"
32. "Let's move forward."
33. "Your opinion is not supported by our court order."
34. "We have a child to co-parent, so your outbursts aren't productive. I would suggest that when you have those feelings you should call a friend or put that in a journal."
35. "Your portrayal of these events is noted. If you would like to discuss this matter further, you may contact my attorney at the email address provided to you."
36. "Your attempt to manipulate my intention is noted."
37. "We have reached an impasse of opinion."
38. "I am not able to accommodate what isn't cited in the court order."
39. "It is my preference to not debate the issue, rather just to resolve it efficiently."
40. "Yes," "No," "Very Good," or "Thank You."
41. "You may access that information at your convenience by signing up for the school's online portal."
42. "Received," or, "Interesting."
43. "Just to be clear, you are choosing not to follow the court order dated March 3, 2003?"
44. "Thank you for your prompt attention to this matter."
45. "If I don't hear back from you by May 1st, I will assume we are in agreement on this matter."
46. "Please provide a copy of the _____ that you reference."
47. "Your attempt to elicit a negative response is noted."
48. "Your allegations are untrue, but I do not wish to engage in an argument."
49. "I will only read and respond to productive communication that will support and foster co-parenting. No further communication will be sent on this topic."
50. "It's not about our feelings on the matter, this is how the kids understand it and feel about it."