



UPDATED Workbook
Proactive and Prepared:
A Documentation Workshop for when
Divorcing a Narcissist





Friendly Mindest Reset Mantras

“I am healing day by day, one step at a time.”

“I know and trust my own mind.”

“I am worthy even on my worst day.”

“The moment you start to wonder if
you deserve better, you do.”

“I am capable. I can do hard things.”

“I deserve and will receive peace in my life.”





Financial Documents





Friendly Mindest Reset

You ex will likely try to hide money, not provide accurate information, wait until the last minute to turn in their financial documents, quit their job or decrease hours, remove you from joint accounts and anything else they can do to harm you financially. Knowing what to expect will allow you to be more prepared.



Financial Documents Checklist

Adapted from Bedrock Divorce Advisors, LLC

- Previous 2 years tax returns
- W-2, 1099, K-1 forms
- Current income information (pay stubs, investments, dividends, etc.)
- Banking info (monthly statements, check registers, money market, retirments, etc.)
- Loan applications for last 5 years
- Financial statements submitted to lending institutions/banks for last 5 years
- Stocks, bonds, mutual funds
- 401K, IRA, Roth IRA, SEP-IRA, military pension
- Wills, trusts, power of attorney
- Life insurance
- General insurance (medical, motor, etc.)
- Outstanding debts (mortgate, credit cards, personal loans, etc.)
- Business financials if self-employed
- Real estate property (deeds, all contributions, property tax, rental agreements, etc.)
- Real estate property owned before marriage
- List of all personal property owned jointly
- List of all personal property owned individually
- Employment records during the term of the marriage
- Appraisals of all assets owned by you
- Other documentation





Communication Documentation





Friendly Mindest Reset

The communication you have with your ex can make or break your case. I highly recommend using a coparenting communication app and using these tips while you communicate:

Slow...things...down

Stay on Topic

Empathy No More

Set Realistic Expectations

Use BIFF (Brief, Informative, Friendly, and Firm) communication

Write as if the judge is listening



Communication Documentation Checklist

- Screenshots of texts
- Communication between self, ex, and professionals
- Print-outs of communication from apps as evidence of your state's factors
- Communication between self and ex's family, if applicable
- Other forms of communication that can be verified by a time stamp or other methods that will support your state's factors





Parenting Visit Documentation





Friendly Mindest Reset

Documentation around visits with the other parent can be tricky. Remember to document observations as observations, statements from the children as “child reported,” and have written communication or time stamped evidence to document late pick-ups or no shows. This documentation should be used carefully to show patterns over time.

Get a cheap planner/calendar to mark your child’s visitation schedule. Then document any concerns on the day you observe or by using a sheet like the one on the next page.



Visitation Concern Log

Date of Visit: _____

Location of Visit: _____

Agreed Upon

Actual

Pick-up Time: _____ Pick-up Time: _____

Drop-off Time: _____ Drop-off Time: _____

Notes/Concerns:

How did I respond?

Next Steps?





Professional Documentation





Friendly Mindest Reset

Your ex will try to triangulate and intimidate the professionals involved in your case. Remember to clarify things in writing when needed, as many professionals will give the benefit of the doubt, have poor documentation, and become fearful of your partner or the possibility of testifying in court.



Professional Documentation Checklist

- Email communication from school, child's therapist, PRE/CFI, visit supervisor, etc.
- Rules/procedures/consent documents from professionals
- Treatment summaries/school conference or testing data
- Recommendations and referrals from pediatricians, doctors, therapists, etc.
- Other communication or formal documentation from professionals in your case





Police Documentation





Friendly Mindest Reset

Your experience with police will be hit or miss; it really depends who takes the call or shows up at your house. Being proactive in asking for copies of any police reports made, keeping logs of when orders of protection are broken, and getting contact info/cards for the officers you speak with will offer you a much needed layer of protection.





Court Documentation

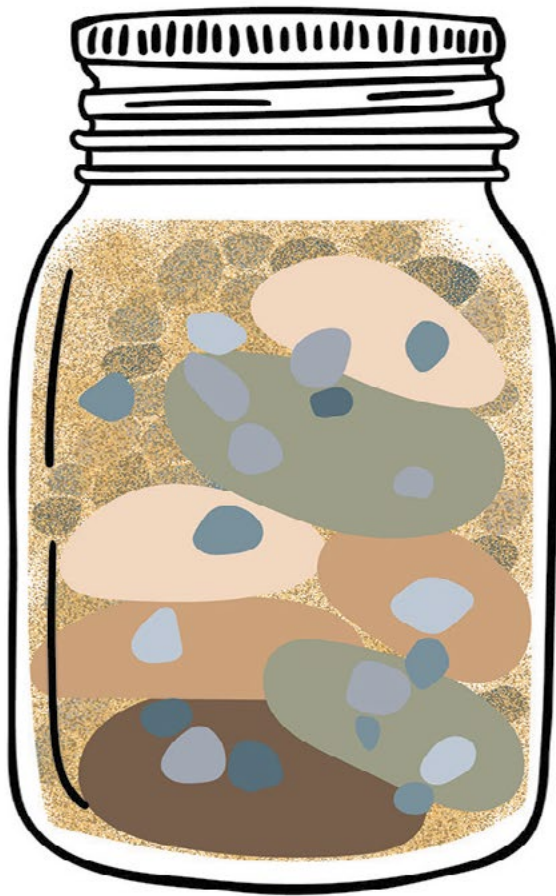




Friendly Mindest Reset

A judge gets a snapshot of your situation during most hearings. They do not see patterns right away. Keeping court orders available to show patterns of non-compliance and contempt over time is one of your best strategies for the judge to start seeing the patterns.





**ASKS/
CONCERNS/
HEADLINES**



**EXAMPLES/
DOCUMENTATION**



CONTEXT



Ask/Concern/Headline

Ask/Concern/Headline

Examples/Documentation

Context





Additional Information





Friendly Mindest Reset

“Intuition—once you have had a narcissist in your life, you must develop your intuition and learn to listen to it and act accordingly.” – Tracy Malone

I wish that our intuition was enough for a successful court experience. You need to pair your intuition and abilities to predict with your knowledge of what your abuser’s narrative will be and what the courts are looking for in order to truly increase your likelihood of success.



Organizing via Google Docs

If you are organizing your documentation using Google Docs, it is possible to add hyperlinks to link to various files or images to support your notes. This can save space within the document and allow for a cleaner presentation of your data. Please see below videos on *How to Add Hyperlinks to your Google Docs*.

[Adding Hyperlinks to your Google Documents – Part 1](#)

[Adding Hyperlinks to your Google Documents – Part 2](#)

