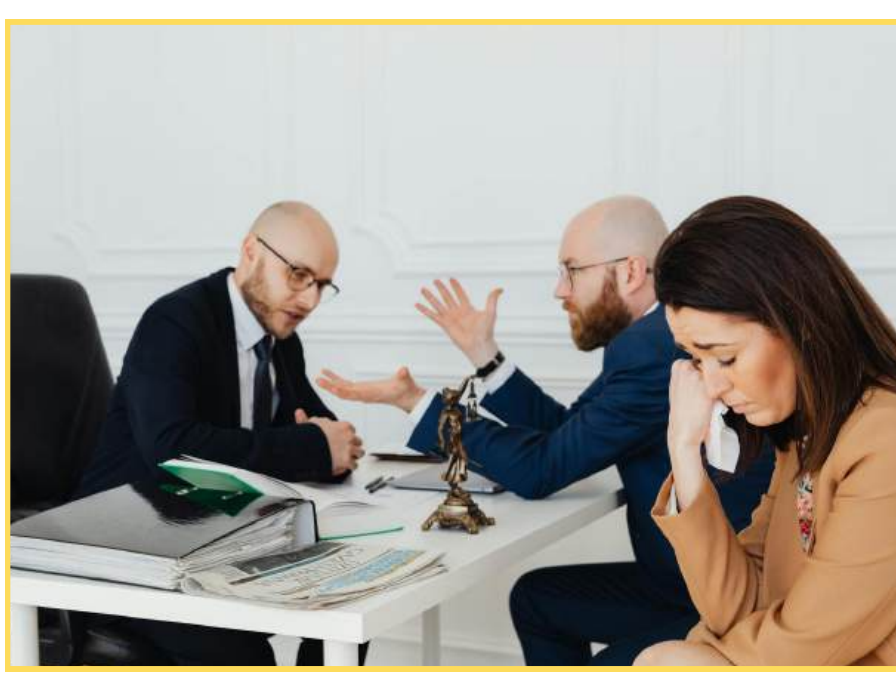


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Mistakes to Avoid in the Divorce Courtroom

Mistake #1: Taking the Bait

You might feel the urge to correct every lie or defend your character, but that reaction plays right into their hands. Instead, focus on restraint. Think of the judge as watching you more than your ex. Your job isn't to get justice in that moment; it's to stay composed and let the facts speak louder than emotion.



Mistake #2: Over-Explaining or JADE-ing

One of the most common pitfalls in divorce litigation is explaining yourself to the court, your ex, or their attorney. There's a term for this: JADE. It stands for Justify, Argue, Defend, and Explain. And it almost always backfires in court. Judges appreciate clarity, not emotional spirals. If you start pouring your heart out or offering long explanations, you risk sounding unstable, even if your points are valid.



Mistake #3: Believing the Court Will See Through the Narcissist

You may walk into the courtroom thinking that once the judge hears what they've done, they'll understand. But unless you have hard evidence—documents, texts, emails, or witness accounts—the manipulation goes unseen. If it's not documented, it's usually not recognized.



Mistake #4: Showing Up Unprepared Emotionally

You might feel rage, grief, shame, or disbelief in the middle of testimony. If you haven't practiced how to respond (or not respond), those feelings can take over. That's when mistakes happen. Prepare the way you would for a performance. Practice neutral facial expressions. Rehearse answers with a coach or attorney. Visualize the worst-case scenarios and plan how you'll stay composed.



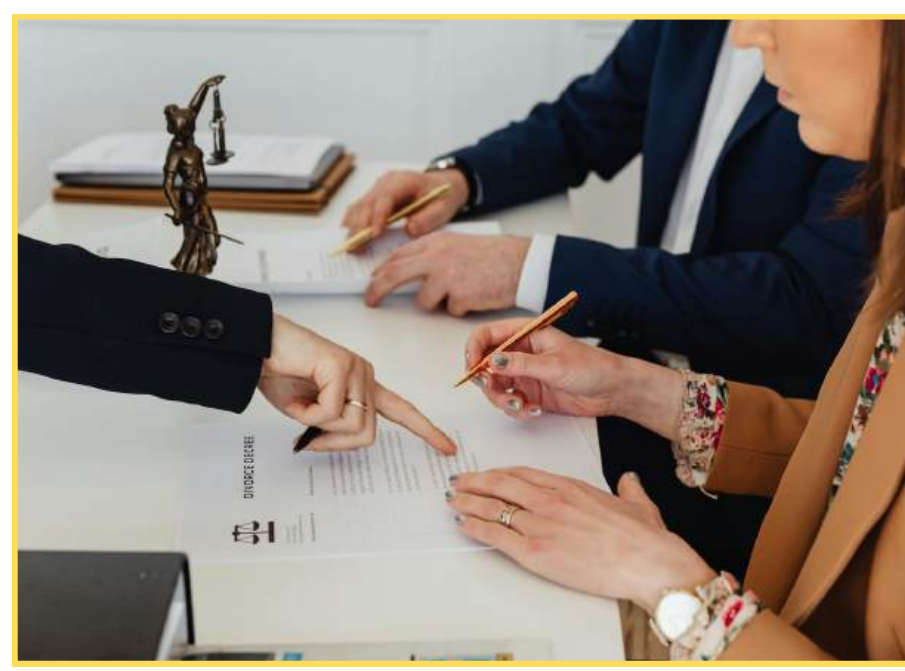
Mistake #5: Arguing With the Opposing Counsel or Your Ex

Your ex may be infuriating. Their lawyer might be even worse. They'll misstate facts. They'll try to twist your answers. But remember this: the courtroom is not the place to "set the record straight" with emotion. Think of the judge as a referee who's watching how you behave more than what you say. If you appear respectful and steady, you win credibility even when your ex plays dirty.



Mistake #6: Not Using Documentation to Your Advantage

Narcissists lie. It's their strategy. They rely on your lack of proof and their ability to manipulate the narrative. But nothing shuts down a narcissist faster than cold, hard documentation. Bring printed copies of emails, texts, screenshots, financial records, and anything else that supports your claims. Have your documentation ready to calmly counter them.



Mistake #7: Relying on the Wrong Attorney

Believe it or not, attorneys are not created equal. You might think you've found one you can count on in the courtroom, but if they don't have experience with narcissism, no amount of sympathy or legal expertise will help you. Use your lawyer as a tool, not your savior. By leveraging your documentation and then creating patterns, you can lead your case.

