

Identifying Energy Vampires and Their Strategies



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“The Relationship Frequency Matchmaker”

AscendedRelationships.com

Identifying Energy Vampires

- They usually love to:
 - Constantly talk about their problems
 - They don't really want to fix them so any attempt you make to help them won't work
 - Constantly complain about everything
 - They blame everyone else for their problems and unhappiness
 - They thrive on drama
 - They are super needy!
- When you are in the presence of a person and you feel:
 - Drained
 - Exhausted
- Even when not in their presence you feel their negative energy

Energy Vampire Strategies

- Energy vampires get their energy through pity
 - They pretend they want your help and advice but they never change
 - They want you to feel pity for them
 - This is why they love talking about their problems and how unhappy they are
- They use guilt strategies to manipulate you
- Instead of feeling pity energy vampires require higher compassion:
 - Telling them you will no longer accept their blame
 - Setting up healthy boundaries
 - Sometimes it even requires letting them go, this helps them wake up and take responsibility.