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People Who
Drain You Dry
Who Drain
You Dry
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~~6 Signs You're
Dealing with
Energy Vampires~~

~~“No Energy
Vampires
Drain You Dry
Allowed” | Steve
Ornelas | TEDxCe
ntralArizonaColl
ege~~

Don't feel
guilty about NOT
spending time
with energy

Where To Download

vampires

Emotional

*Vampires: How To
Dealing With*

Emotionally

*Draining People:
Julie Hanks LCSW
on Studio 5*

How to Protect

*Yourself from
Energy Vampires*

Lydia Van den

Broeck: Master

Your Energy

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~~Protect Yourself
from Energy~~

~~Vampires Spot an
Dealing With
Energy Vampire~~

~~Right Away with
These 6 Steps~~

~~(And 1 Surefire
Way to Repel~~

~~Them) **Episode 3**~~

~~**- Dealing with
Emotional**~~

~~**Vampires (Part
2) The 6 Types
Of Emotional**~~

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~~Vampires: How To~~

~~Combat Them~~ *How
to Handle Toxic
people and*

Energy Vampires

*HOW TO DEAL WITH
ENERGY VAMPIRES
AND ANNOYING*

PEOPLE Expanded 2nd

TRANSURFING

STYLE w/ Reality

Transurfing

Dealing With A

Narcissist:

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Freedom in
Action

Psychic Vampires
(How to
Recognize and
Protect Yourself
From an Energy
Vampire) - Teal
Swan

7 Types of
Energy Vampires
and How-To Slay
Them :-)

How to

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Defeat a Psychic Energy Vampire

*How to Stop
Dealing With
Energy VAMPIRES*

5 Signs Your
Friend is an
\ "Energy
Vampire \ "

~~Narcissism 101:
Energy Vampire
Edition~~
Emotional

Vampires and
Toxic People The
Spiritual

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Vampire – How To
Eradicate A
Narcissist's
Energy From You
For Good
~~Emotional~~
~~Drain You Dry~~
~~Vampires Dealing~~
~~With People~~
Emotional 2nd
Edition
Vampires will
help you cope
effectively with
the people in
your life that

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confound you,
confuse you, and
seem to sap
every ounce of
your energy.

Bestselling
author Dr. Al
Bernstein shows
you how to
recognize each
vampire type--an
tisolocial,
histrionic,
narcissists, obs

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essive-

compulsives,
paranoids--and
deal with them
effectively.

Drain You Dry

~~Emotional~~

~~Vampires:~~

~~Dealing with~~

~~People Who Drain~~

~~You Dry ...~~

Emotional

vampires draw

you in, then

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drain you. At first, emotional vampires look better than regular people. They're as bright, talented, and charming as a Romanian count. You like them; you trust them; you expect more from them than

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you do from
other people.
You expect more,
you get less,
and in the end
you get taken.

~~Emotional
Vampires:
Dealing with
People Who Drain
You Dry...~~

Emotional
Vampires: How To

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Handle Negative
People Who Drain
The Life From
You Reframe
triggers into
teachers. I know
you don't want
to hear it, but
the people who
trigger you the
most are those
who... Set
boundaries.
Research shows

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that many people
are very unaware
of how others
perceive them
and ...

Drain You Dry
~~Emotional~~

~~Vampires: How To
Handle Negative
People Who ...~~

7 Ways Emotional
Vampires Drain
Empaths And
Highly Sensitive

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People 1. They deplete you physically and emotionally so you're unable to care for yourself or be productive..

Being around a... 2. When you're no longer in their presence, you might still feel

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affected by
them... You find
yourself ...

~~7 Ways Emotional
Vampires Drain
Empaths And
Highly ...~~

To avoid getting
involved with
these people
here are 5 types
of energy
vampires you

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should look out for. 1. The passive-aggressive vampire. This vampire expresses anger in a calm and smiley manner. They are incredibly efficient when it comes to sweetening their hostility.

Where To Download Emotional

~~5 Types of
Emotional
Vampires You
Should Stay Away
From~~

How to Deal With
the 9 Types of
Emotional

Vampires. The
first thing you
have to know is
that you can't
control their

Where To Download

behavior. You need to understand that and know you aren't responsible for their actions, only your own. The second thing you need to do is, if possible, walk away, cut out, or distance yourself from

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your emotional
vampire.

~~9 Types of
Emotional
Vampires to
Drain You Dry
Protect Yourself
From~~

Emotional
vampires turn
into convenient
victims only
when it serves
them and propels

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their agenda.

These people truly feel that they can do no wrong and that there should not be any consequences for their actions. They feed off the reactivity of others.

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~~Emotional~~

~~Vampires: How To
Replenish Your~~

~~Dealing With~~

~~People Who~~

~~Drain You Dry~~
Unlike the
vampires you see
in the movies,
emotional

~~Expanded 2nd~~
vampires enjoy

~~Revision~~
sucking the joy
out of your frie

ndships. Rather

than feasting on

blood (like the

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vampires of
legend), they
feed on the
positive energy
that exists in a
relationship.
The best way to
handle these
types of people
is just to avoid
them. Why

Emotional

Vampires Are Bad
for Friendships

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~~Identifying the
Emotional
Vampires
Dealing With
Vampires in Your
Friendships~~

Albert
Bernstein, PhD,
was responsible
for the term
“emotional
vampire” as a
descriptive
phrase for
people who drain

Where To Download

other people
dry. In his book
"Emotional
Vampires:
Dealing With
People Who
Drain You Dry"
Revised And
Expanded 2nd
Edition", he
described them
as people that
are "extremely
critical,
controlling,
narcissistic, or
generally very

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negative and
manipulative” .

~~How to Recognize
and Escape
Emotional
Vampires (It's~~

~~Revised And
Expanded 2nd
Edition~~

Energy vampires
are people who –
sometimes
intentionally –
drain your
emotional

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energy. They
feed on your
willingness to
listen and care
for them,
leaving you
exhausted and
overwhelmed.

Energy... 2nd
Edition

~~Energy Vampires:
10 Signs to
Watch For and
How to Deal ...~~

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A parasite can feed off you mentally, emotionally or energetically. I refer to these people collectively as emotional vampires. And when you are around them, you may feel physically

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tired, drained,
sleepy, weak,
agitated, low,
small,
inadequate, low
spirits,
hopeless,
trapped or
afraid.
Identifying the
emotional
vampires

Where To
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~~Emotional
Vampires
Patrick Wanis
Dealing With
Emotional
Vampires~~ are
people who have
characteristics
of what
psychologists
call personality
disorders. In
graduate school,
I learned this
simple

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distinction:

When people are
driving
themselves

crazy, they have
neuroses or
psychoses. When
they drive other
people crazy,
they have
personality
disorders.

~~Emotional~~

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~~Vampires:~~

~~Dealing With
Vampires
People Who Drain
Dealing With
You Dry ...~~

For ten years,
clinical
psychologist Dr
Al Bernstein's
Emotional
Vampires has
been the go-to
self-help manual
for coping
effectively with

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the people in
life who take
undue advantage
and seem to...

People Who

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Drain You Dry
Vampires:
Dealing With
People Who Drain
You Dry ...~~

Emotional
Vampires will
help you cope
effectively with

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the people in
your life that
confound you,
confuse you, and
seem to sap
every ounce of
your energy.
Bestselling
author Dr. Al
Bernstein shows
you how to
recognize each
vampire
type—antisocial,

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emotional,
narcissists, obs
essive-
compulsives,
paranoids—and
deal with them
effectively.

~~Emotional
Vampires:
Dealing with
People Who Drain
You Dry ...~~

You recognize

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Emotional

Vampires by the
emotional

Dealing With
aftermath: they

People Who
"take a lot out
of you," they

Drain You Dry
leave you
feeling

Revised And
"drained," they

Expanded 2nd
Edition
"pushed your
buttons," they

are "high
maintenance,"

etc. Dr.

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Bernstein is
right on the
money with
"vampire bite"

as a
metaphorical
diagnosis for
the real harm
these types
cause, but
beware: the
fangs seldom
show, and
emotional

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vampires can
seem as harmless
and ineffectual
as Aunt Bea, or
as affable as
Will Rogers.

~~Emotional
Vampires:
Dealing With
People... book
by Albert...~~

How to spot and
protect against

Where To
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emotional
vampires - those
relationships
that seem to
drain you
emotional
energy. Therapist
Julie Hanks LCSW
of Wasatch 2nd
Family...

~~Emotional
Vampires: How To
Deal With~~

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~~Emotionally
Draining . . .~~

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They're out there . . . masquerading as ordinary people. They may lurk in your office, your family, your circle of friends; perhaps they even share

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your bed.

Chances are, you
know all too
many of them.

People Who

~~Emotional~~

~~Vampires:~~

~~Dealing With~~

~~People Who Drain~~

~~You Dry ...~~

Whatever you

call them—energy
vampires, energy
suckers, or just

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unhappy, negative
people—they
can wreak havoc
on your life if
you don't have
effective
strategies to
deal with them.
Energy
vampires...

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