



5 TYPES OF ENERGY VAMPIRES TO LOOK OUT FOR



Ever have this feeling that interacting with certain people always seems to suck all the energy out of you? Sometimes, even their mere presence is so draining that it may take hours to recover from? If your answer is “Yes,” then you have encountered what is known in ancient texts as an “Energy Vampire”. An Energy Vampire can be injurious to both your mental and physical health. Unlike Dracula, they don’t have fangs and are definitely not vulnerable to the anti-vampire effects of sunlight or garlic (unless they’re allergic of course).

So, how do we identify these legendary creatures to fulfil our quest of vanquishing them? By learning about the different types of energy vampires hiding among us, and here is a handy guide for you:



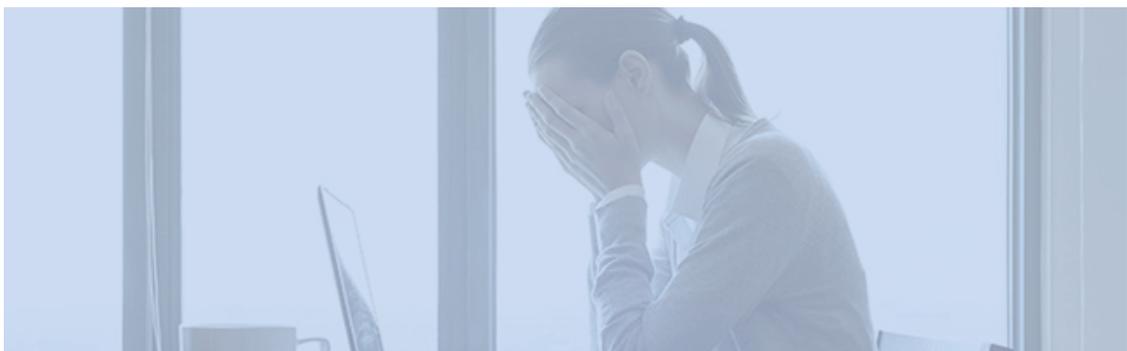
1. The Controller: They're control freaks who're always trying to dictate how you should act, feel, think, behave etc. They feed off the sense of control they feel over others.

Protective Measure - Be confident, assertive and stand your ground when you're with one and definitely don't try to control the controller.



2. The Critic: They have an opinion about everything, and they often use their hidden secret weapon - unsolicited advice. A critic feeds off the ego-boost they get from belittling you.

Protective Measure - Try not to take what they say personally, and definitely don't get defensive.



3. The Victim: Nothing is ever their fault. They feel that the whole world is out to get

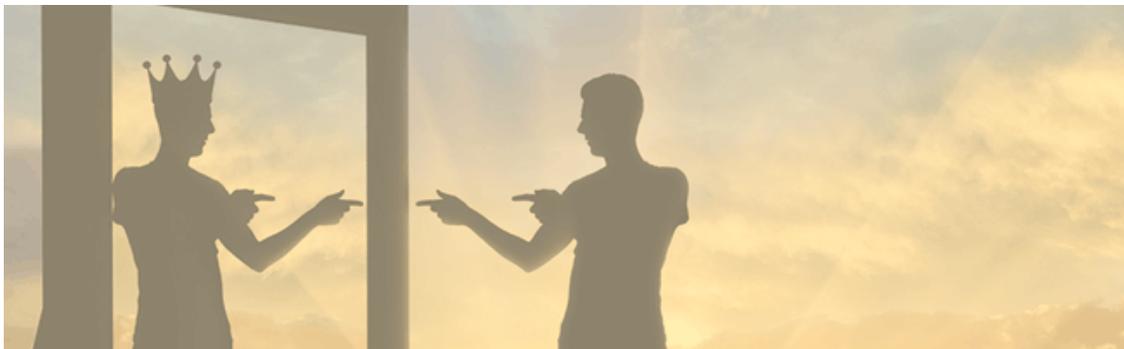
them and no advice is ever good enough for them. They radiate negativity and feed on the effects this negativity has on you

Protective Measure - Accept that you can't necessarily help them. Try to avoid their calls and try not to advise them when you do speak.



4. The Dramatist: They show an impressive (read draining) talent to blow any small incident completely out of proportion. A small nick is always life threatening, and a very minor error is somehow going to lead to the end of the world. They feed on the distress their behaviour causes.

Protective Measure - Try not to react to their antics. Stay calm, and try some grounding techniques like deep mindful breathing



5. The Narcissist: They have an over-the-top, grandiose idea of their self-importance, and everything is always about them. They're always hungry for attention and feed on it when they receive it.

Protective Measure - Don't get your expectations for love, care and interest from them too high.

These 5 vampire can be truly draining and must be avoided at all costs.
Want to learn more about dealing with Energy Vampires? We're here for you.

[CONNECT TO AN EXPERT NOW](#)

If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com

**Standing with You,
Team YourDOST**