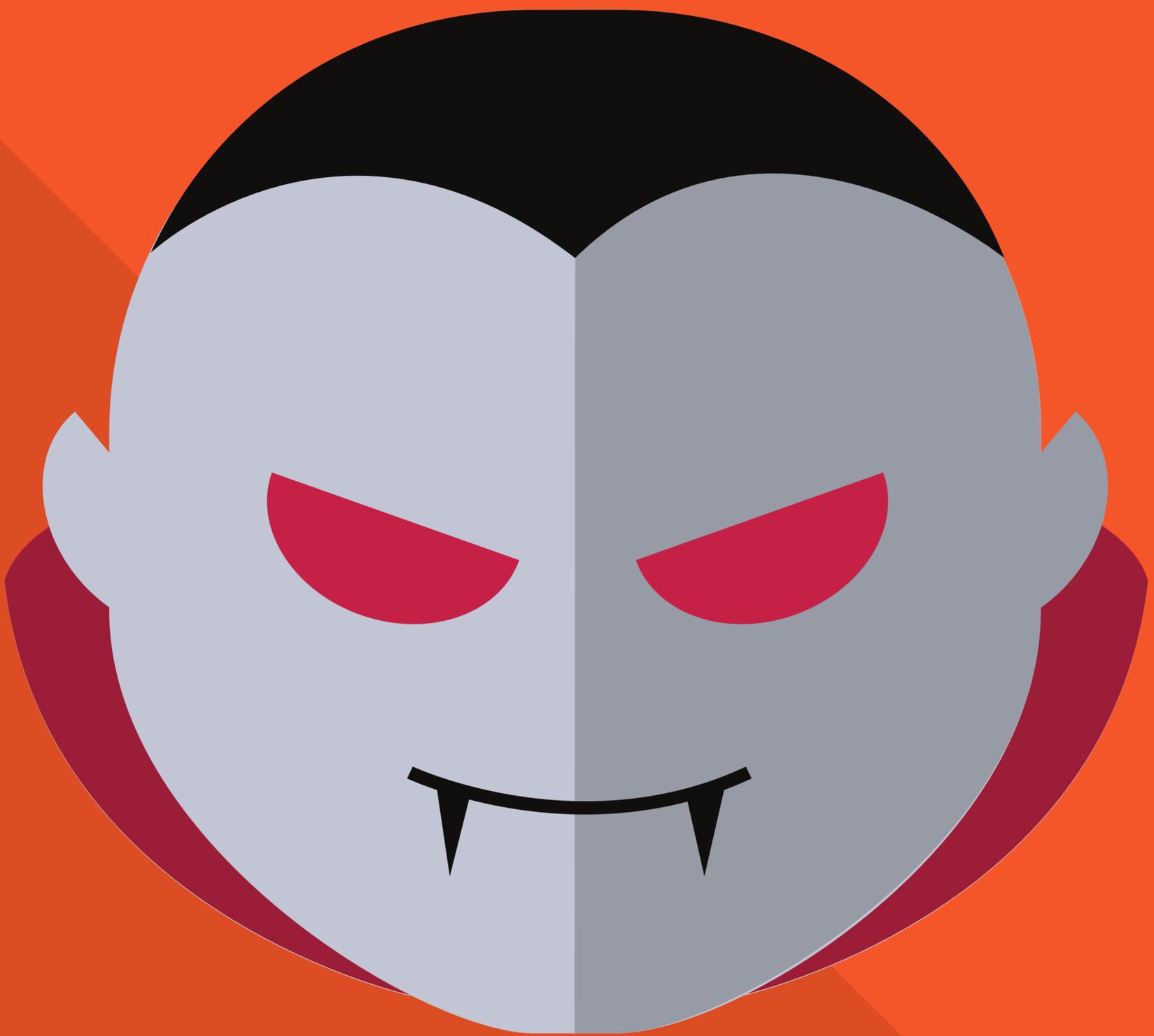
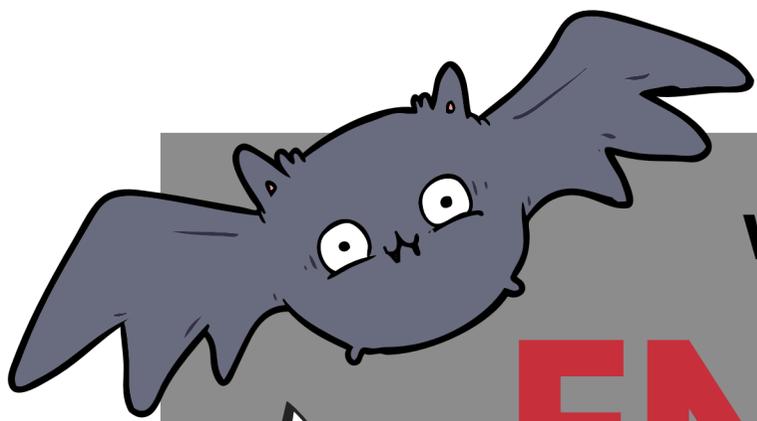


HOW TO SURVIVE ENERGY VAMPIRES

by Jonathan Yatsky



**A NOT-SO-SPOOKY EBOOK
TO HELP YOU WIN AT LIFE**



I want to suck your energy!!

WHAT IS AN

ENERGY VAMPIRE

And how do I  spot them?!?



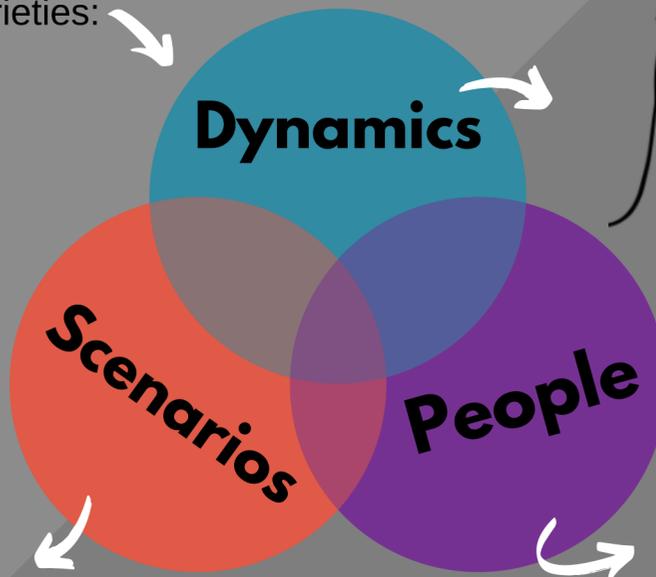
Have you ever been in a situation where you felt like someone or “something” has latched on to you and is sucking you dry, leaving you as a hollowed-out husk whose tolerance has nearly come to an end? More often than not, this means there is an **energy vampire** on the loose that may be taking from you when you least expect it! Now, before you grab your holy water balloons, garlic laurels, and wooden stakes, you need to understand who or what you are dealing with. Let’s look at how to identify and deal with **energy vampires**!



Novice monster hunters

might assume that **energy vampires** are simply just very draining people. However, **energy vampires** come in three varieties:

You must understand this because unless you know how and when they will act, you may end up like many hapless horror movie victims: swarmed, back against the wall, becoming the next energetically drained husk! Do you want **vampire immunity**? Then read on!



Huddle up, here’s the plan, **not just to survive but thrive!** Let’s look at strategies for all three categories and examine common pitfalls so that you can move through any situation you face, whether it be one SUPER energy vampire or a horde of low-level drainers. You never know when vampires will strike, but **with these tools you’ll be ready!**

3 TYPES OF



ENERGY VAMPIRES

1

People who are energy vampires are simply exhausting to be around. They can be someone who is negative, has a lot of attitude and/or brings constant drama.

Dynamics that are draining or negative can also affect you. What happens to you when someone brings up a topic you don't like or one that is extremely charged for you? For example, when you're visiting relatives do you find yourself falling back into old patterns? Your siblings may be nitpicking you even if you're 60 years old. You may find yourself listening to them even though their advice and ideas are terrible!

2

3

Scenarios are situations that are draining. Examples include being stuck in traffic or traveling on an airplane with someone kicking the back of your seat. These scenarios make you upset in ways that suck you in and don't let you go.

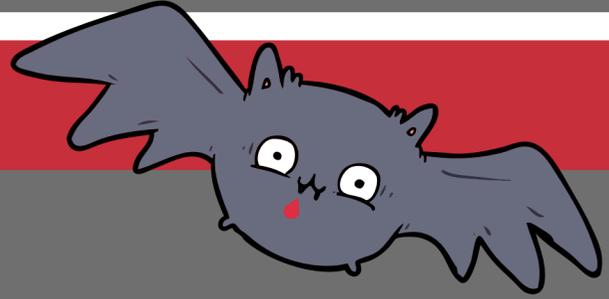
**Push
ME!**

We all have "buttons" that trigger us. When pushed, they cause an emotional response. Family are the people who installed our first buttons. They know exactly where your buttons are, and it doesn't matter how much time passes they still love to push them! They just can't help themselves. They think: "Yes Sir! Bright shiny button - PUSH!" You get triggered and become drained and upset.

Recognizing your triggers is a fundamental step in your own growth.

So what's the Survival Plan?

1. Be Aware!



A fatal flaw in scary movies is when people walk backwards through doorways-- because they're not aware. The villain is right behind them every time! And, like the movie characters, if you walk backwards and don't expect it... guess what you are giving the energy vampires? Ample opportunity to get you with a surprise attack! If you go into a situation that you have identified as a possible energy vampire nest, then you are able to guard against it!

⚠️ How to Be Aware! ⚠️

- 1 Think about where you've been triggered before.
- 2 Identify the energy vampires present in those situations.

Next time a similar situation comes up, you'll walk through that door with eyes wide open, ready to take on whatever comes your way.

2. Be Prepared!



Remove the element of surprise from vampire attacks! Did you know that energy vampires can be like pens? Yep, you read that right. I have a blue pen, and it writes in -- you guessed it -- blue! If I use this blue pen and expect to see green, I'll be disappointed every time. Sometimes, energy vampires are like blue pens. We know they will behave badly, irritate us, trigger us, etc. They act the same way every time. If you have vampires like this in your life and you expect them to act differently, guess what? You'll be disappointed every time. If you know your energy vampire is a "blue pen" you won't be blindsided by their behavior. Instead, you'll be prepared!

3. Have a Plan!

Another lesson from thriller movies: don't split up! That's when bad things happen! Find people you trust and set up a support structure. If you find yourself trapped by an energy vampire, leave and contact support. Have an ESCAPE PLAN ready! 🏃➡️

Example: Make a plan with a friend: "If my vampire co-worker comes over to me and I give you the signal, help me get out of there pronto!" If you feel yourself becoming drained, don't stay. Find your getaway car, and book it! It doesn't mean that you and others can't grow; it simply means that you must be real with yourself about whether it's worth it to stay or not.



Hot Tip!

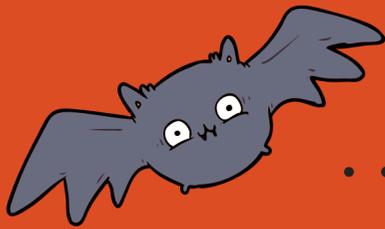
A word of caution—when choosing people for support, be sure you're not enlisting the help of other vampires!

Who else in your life may be a vampire?

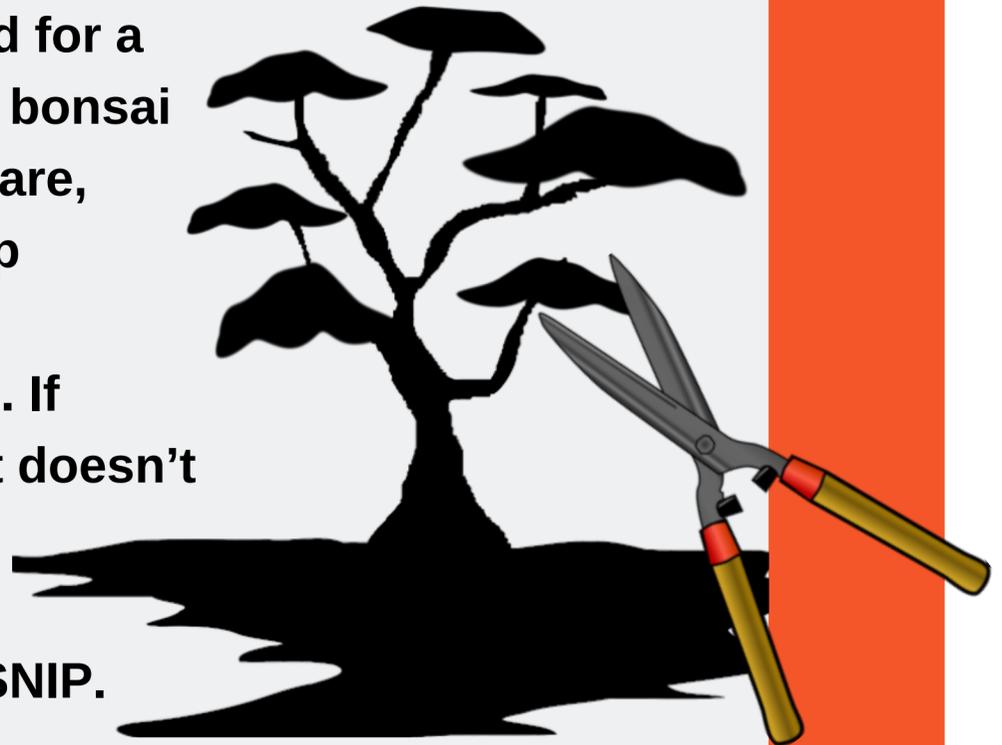
If you know your best friend can be negative, contact someone else who's honest, will support you, and have your back. A counselor is also a great support to help you find your triggers and get rid of them!

YOU MADE IT!

What now?



Leaving vampires behind for a sec... relationships are like bonsai trees! They need nurturing, care, and attention. If a relationship doesn't work for you, have a conversation. Say your piece. If nothing changes, prune what doesn't work! If you ask someone over and over to treat you better and they don't listen, SNIP.



You can keep expecting blue pens to turn green, or you can prune toxic people and situations from your life. You can love people from afar AND spend less time with them if they're draining to you.



Reading about vampires is one thing... facing them in the real world is another! The best way to be prepared is to practice these tools: have a plan, get support, and ALWAYS walk through doors facing forward. Practice makes perfect. Energy vampires can be dangerous, but with these tools, you will come out on top! And, maybe even have fun while you do it!

Want support fighting vampires? Contact me!

My name is Jonathan Yatsky and I'm a therapist, coach, and public speaker. I'm an expert vampire hunter and relationship counselor, and I'd love to help you make your life the best it can be, with a big helping of fun along the way! After all, growth doesn't have to be painful!

Where can you find me?

- Thursdays at 8:30pm ET on Facebook Live •
facebook.com/jonathan.r.yatsky
- Private sessions, workshops, and more •
jonathanyatsky.com

