

CHOOSE TO THRIVE



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FIND THE
ENERGY VAMPIRES

Find The Energy Vampires

Where is the energy leaking from and how can we do anything about it?



by [Rob Duffy](#) on September 04 2017

How can we stay on course to thrive in life if our energy is being taken from us? **How can we identify the areas where our energy is being drained away from us, maybe even in places we are unaware of?** Have we been focusing on mentally and emotionally driven activities in the recent past that are acting like a vampire to our energies and cognitive capacities? **Awareness and reflection is a good starting point to scan for what is going on within us.**

Firstly, what is an energy vampire?

An energy vampire can be **a limiting belief or conclusion we hold** within us such as – ‘people like me don’t do

An energy vampire could be a situation we find ourselves in. For example, in work, **a person we are forced to work beside continually talks about things which are of no interest to you.** Over the course of the day or week, you are so exhausted that you just want to flake out at home as a result.

An energy vampire can be **‘should’ statements we have accepted for ourselves.** Many people have should statements they hold within themselves which, upon reflection, don’t serve them anymore and may be better off evaluating and accepting something more energy sustaining. We can pick up other people’s ‘shoulds’ too. Perhaps a parent, teacher or a role model from earlier in life said we should do x,y or z thing when we were younger and we have carried this belief over into adulthood. This may have ceased to be life-enriching or useful for us anymore. Have you got

some 'should' statements about yourself that are draining your energy?

An energy vampire can also be **a behaviour that we engage in**. An example is perhaps at work where we rush through our job doing tasks hurriedly without attention to some of the finer points. This creates work for ourselves and others around us to remedy afterwards. Not only is this not good for our own reputation, it also places a burden on others to clean up a mess we have created. For an organisation, this can be a great concern.

An energy vampire could also be **a cluttered work environment** where some of the materials you need are under piles of other irrelevant papers and manuscripts. The time it takes to sort through erroneous papers to find the relevant document adds precious time onto your work day and drains time from your productive capacity and takes you out of a flow state. Does this sound like you?

An energy vampire could be a **longing to satisfy unmet needs within ourselves**. This can be used

by others against us and can be done by ourselves as we engage in behaviours to meet a need within ourselves. The way that others do it can be sinister as they look to make themselves look and feel good at the expense of others. This happens a lot online, in forums and online conversations, so **beware of those who are posturing to level above you to gain their ego supply at your cost.** One way we can drain ourselves of energy is by being uncertain of what unmet needs exist within us and pursuing activities, behaviours or material things which upon achievement or attainment of such things, we derive very limited pleasure or happiness from. The classic example is the middle-aged man buying the sports car in the pursuit of feeling young again. Does the car fulfil the need to feel a certain way? Maybe for a short time but the need to feel a certain way inevitably remains. We are always the final controller of the way we feel at any moment. This is an important personal developmental truth.

An energy vampire can come in the form of **boundary violations.** Similar to the last example, when others want us to meet a need they have,

they may attempt to force us to change our minds, and by doing so, cross a boundary. They may borrow an item and take a long time to return it. They may touch us without permission and cause us to feel anxious in their presence. All the more painful is when we have to be around these people because they work with us or they're a fellow student in university. How to deal with such occurrences is written about at [this link](#)

An energy vampire could be the half built model aeroplane, the painting that you haven't finished yet or the half-written song you started. Dave Allen the personal productivity guru, who wrote the book '[Getting things done](#)', calls this stress-inducing, **non-complete actions - 'open loops'**. They loop around in our minds as we say something to ourselves like, 'I must get around to that project I started'. **The more open loops we have which we fail to complete, close off or abandon, the more likely we are to increase our stress levels and become drained.** Have you any open loops?

An energy vampire could be found in our **unresolved issues that result in us projecting and getting hostile with others.** Somebody may cross one of our boundaries unintentionally and we have an urge to lash out at them. Where has our mind gone in this encounter? Did the person mean to cross our boundary or was it that they hit a nerve within us that we have some unprocessed issues which we need to consider? Looking inward as the catalyst for growth instead of searching for events which are perceived to be coming from the outside is the best way we can honour ourselves and process our unresolved issues. Are we being truly honest with ourselves about some issues in our lives?

An energy vampire can be **our eating habits.** When our eating habits have become varied and our blood sugar levels are out of balance we can fall victim to feeling lethargic and energy depleted. Having a balance for what time we eat and the types of foods we eat are essential if we wish to live optimally and maintain a lifestyle where we put our best foot forward. **Are your eating habits affecting your energy levels?**

An energy vampire can be **indecision**. Having to make a decision can be tough. Something doubly as tough is not making that decision at all. Having the decision hanging over your head can drain your energy and bring you down. Sometimes choosing a timeframe to make a decision and achieving closure related to that decision can liberate us from the back and forth or indecision over things we might well be able to reverse later on anyway. Are any decisions hanging over your head presently? Make a decision and learn by doing.

An energy vampire can be relationships. **Some relationships can be very draining** if the mutuality of the benefit is non-existent. Sometimes the best thing to do is to cut people out of our lives when the relationship has become unenjoyable. An article which further explores this topic related to friends can be [found here](#). Are there any relationships you have which are draining your energy?

An energy vampire can be a **lack of sleep**. Sleeping well and getting a minimum of 7 or 8

hours uninterrupted sleep per night is optimal for the thriving mindset. Our brains need rest and our bodies recharge during sleep hours and this is a vital part of healthy living. Check out [this link](#) about sleep. Is your sleep pattern working for or against you?



Exercise

What are you putting up with at home or at work which is causing you to drain your energies? List all of your energy vampires below:

What is the biggest energy vampire you are aware of that drains you the most?

What one action can you commit to choosing today that will bring about resolution and create more energy for you to move forward in your pursuit to thrive?

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