

# Energy-Sapping Digest

## **CHARACTERISTICS NOTICEABLE IN PEOPLE ACTING AS ENERGY-SAPPERS:**

Several of these appearing together indicate someone saps energy as a way of life, qualifying them as a "Lifestyle Energy Sapper":

- |                                             |                                                                                         |
|---------------------------------------------|-----------------------------------------------------------------------------------------|
| 1. UNCOMFORTABLE ALONE                      | Has "plans," or TV, radio, stereo or phone going constantly.                            |
| 2. SINGLE-EYED                              | Concentrates on own view of things.                                                     |
| 3. APPEARS POWERFUL                         | Really only as powerful as 3-4 year old, or as the connection with the "Energy Broker". |
| 4. "ON," UP ON THE LATEST                   | "Pictures," How things look to others important                                         |
| 5. MISREMEMBERS FACTS                       | Remembers things in own favor                                                           |
| 6. MISREMEMBERS CONTRACTS                   | The "Promise them anything, and do only what you have to" syndrome.                     |
| 7. TWISTS EVENTS                            | Others are seen as "bad," "wrong" or "crazy"                                            |
| 8 APPEARS INTERESTED                        | Is basically collecting information, focus on self                                      |
| 9. BEHAVES DIFFERENTLY                      | Acts like different person with different people; in a group, adopts a role or persona  |
| 10. EXHAUSTING                              | Depletes energy of others; irritating                                                   |
| 11. PERCEPTIVE                              | Uses personal "radar" to "read" others                                                  |
| 12. CANNOT SEE OTHERS AS THEY REALLY ARE    | Fear of not surviving if separate; views others as if they are the same as the viewer   |
| 13. BELIEVE IN ACTION ONLY                  | Do not believe or act on words spoken to them                                           |
| 14. CONTROLLING                             | Needs others to behave "correctly"                                                      |
| 15. TELLTALE VOCABULARY                     | "We," "Our feelings," "I need you," etc.                                                |
| 16. OFTEN ONLY BELIEVES PERSON IN AUTHORITY | In conflicts, may push until someone in authority makes and enforces decision           |
| 17. NOT RESPONSIBLE                         | Frequently blames others, fate and circumstance                                         |
| 18. QUICK REATTACHMENT TO "ENERGY BROKER"   | Usually begins new relationship before current one is dealt with or finished.           |
| 19. WINNING WAYS                            | Often charming, good with words, involved.                                              |

## **HOW TO TELL WHEN YOUR ENERGY IS BEING SAPPED:**

Your feelings will always tell you when energy-sapping occurs. Listen especially for:

- |                           |                                                                                             |
|---------------------------|---------------------------------------------------------------------------------------------|
| 1. ANGER                  | far out of proportion to the event, often with no way to resolve your anger                 |
| 2. GUILT                  | Appearances say what's wrong is caused by you                                               |
| 3. EXHAUSTION             | No obvious cause, usually occurs after contact                                              |
| 4. KNOT IN PIT OF STOMACH | Tight feeling in the solar plexus—power center                                              |
| 5. CONFUSION              | Not confused before contact, then you ask yourself "Am I responsible, bad, wrong or crazy?" |
| 6. HELPLESSNESS           | Other person appears to be very powerful, you not                                           |
| 7. DESIRE FOR ESCAPE!     | Overwhelming desire to escape fr. person/situation                                          |

# ENERGY-SAPPING DIGEST

## **ENERGY-SAPPING PATTERNS:**

Sapping behaviors can be divided into two major categories. Sometimes the behaviors occur as a combination of the two. Add your own experience to this list:

### **PASSIVE**

Helplessness, dependency, "poor me"  
Illness  
Gifts, promises, attention, rewards  
Charm, flattery, compliments  
Expectations, guilt  
Withholding and/or forgetting  
Sacrifice and martyrdom  
Noncommittal behaviors and/or talk  
Suicidal gestures, threats  
"Helping," especially without being asked

### **AGGRESSIVE**

Intrusiveness, "minding other' business"  
Power moves over others  
Abuse (physical and/or verbal)  
Criticism, blaming  
Disqualification of others' feelings, thoughts  
Assumptive mind reading  
Collusion, setting up foes  
Taking (especially of time, property)  
Removal of what is desired by others  
Threats: of change, harm, punishment

## **WHAT TO DO TO NEUTRALIZE ENERGY-SAPPING BEHAVIORS IN YOUR LIFE:**

Principle: "**CONCENTRATION IS THE KEY TO POWER**" You and the Lifestyle Energy-Sapper are concentrated on the Sapper. To neutralize, concentrate on yourself!

1. TAKE POWER OVER YOU      Ask yourself: "What do I need to feel powerful in myself?"
2. PERSISTANCE      "Concentration is the key to power"
3. GOAL      Create personal goals for yourself Adhere to your goal(s) "broken record" style
4. POLICY      These eliminate the need to create a new response each time
5. BREAK CONTACT      Get out of the Energy-Sapping system; take action; leave!
6. NIP IT IN THE BUD      Neutralize the energy-sapping behavior as soon as it is apparent to you
7. COMPROMISE      Under only two circumstances: 1) When Energy-sapper suggests it and you want to; 2) When your self-esteem will not be damaged
8. 72 HR RULE      Think over new information, decisions, and requests for changes for 72 hours without discussion with others
9. WHEN IN DOUBT      Is Energy-Sapping occurring? Assume "yes," act accordingly