

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