

EXTREME ESTEEM

Energy Leeches

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The other day, a friend told me he'd come to a realization. Certain people showed up in his life only when he was feeling disheartened or negative. Why did they show up – was he sending out an invitation calling them home? All people come into our lives for a reason – to provide us with a message, a lesson, or an insight. Negative thoughts and actions attract negative people and situations into our lives. Perhaps the arrival of these people is simply a cue that our attitude needs to change. Whatever the reason, avoid the temptation to allow such people – Energy Leeches – back into your life. If you let them in they will suck the life out of you. Here are a few tactics employed by Energy Leeches.

Negative comments: "I hate my life and work! Did I tell you what "so and so" did/said to me? Did I tell you what terrible thing happened to me the other day?"

Dream snatching: "You can't do that. Who do you think you are? Are you living in fantasyland? Get back to the real world. You should do this instead."

Put-Downs: "What is wrong with you? Can't you do anything right?" In other situations the words may be less harsh, but the result ends up being the same.

Once an Energy Leach (EL) attaches itself to you, it can be difficult to remove it. Instead, neutralize an Energy Leach the moment they arrive.

Look in the mirror – sometimes we are the leach. If we pay attention to our thoughts and words, we can eliminate the leach within us. Are you being negative or positive? Ask yourself this question daily.

Confront and Reform: Tell your EL that he or she is being negative. They may not even realize it. Ask for support, positive feedback and encouragement from them. If your EL is a colleague, family member, or friend, perhaps you can reform them into an Energy Addict. Show them how to spread positive energy. If they just don't see it or re-

fuse to do it then you may have to give an ultimatum. You might say, "This is my goal. This is where I am going and if you're going to be negative then I can't be around you."

Turn on the Light: When you were a child and scared of the dark you turned on the light and felt better. Negative energy is like darkness. When you encounter an Energy Leach, turn on the light. When an EL comes at you with fear, negativity, hate, and anger turn on the light and respond to them with love, kindness, and a positive outlook. Negative energy is powerless in the light. Think about what happens when someone gets mad and yells at you. If you don't yell back, but remain calm they lose momentum and power. If you return with kindness they lose even more power. On the other hand, if you yell back at them then the negativity grows and expands – soon enveloping both of you.

You should seriously consider avoiding Energy Leeches, as they will be of no benefit to you. They will, more than likely, drag you down to their level. You should, however, associate with positive, empowered, ambitious people, as their influence will be of great benefit to you. You will learn from them, get support and encouragement from them, and they will provide you with opportunities you may otherwise not discover on your own.