

FROM DRAINED TO DYNAMIC

BREAKING FREE FROM
ENERGY VAMPIRES



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Are You Being Affected by Energy Vampires?

Take the Quiz!

In our vibrant and emotionally rich world, we often encounter individuals who, while they may be lovely and well-meaning, can unintentionally drain our energy.

These individuals, known as "**energy vampires**," may not even realize the impact their behavior has on those around them. They might be friends, family members, or colleagues who, despite their good intentions, tend to pull energy from others, leaving us feeling exhausted and out of balance.

Energy vampires can exhibit various traits, such as seeking excessive validation, constantly needing support, or unwittingly drawing us into drama.



They may not be aware of how their actions affect our emotional state, making it essential for us to understand and recognize these dynamics.

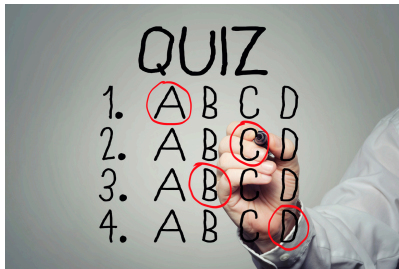
Recognizing the presence of energy vampires in our lives is an empowering step towards safeguarding our emotional well-being and personal growth.

By identifying these influences, we can

- take proactive measures to protect our energy,
- set healthy boundaries,
- and reclaim our power.

Engaging in self-care practices becomes a vital part of maintaining balance and harmony in our lives.

To help you assess whether you're experiencing the effects of energy vampires, I've created a short quiz.



This self-assessment will guide you in reflecting on your interactions and feelings, leading to a clearer understanding of your relationships and their impact on your energy levels.

Are you ready to uncover the truth about your emotional landscape? Let's dive into the quiz and discover the insights that await you!

Are You Experiencing Energy Vampires?

Instructions: For each statement, choose how often it applies to you.

Do you often feel physically or emotionally exhausted after interacting with certain people?

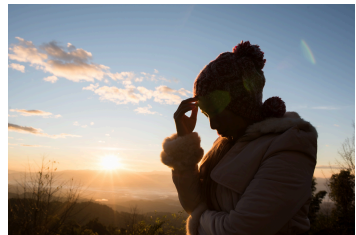
- (0) Never
- (1) Rarely
- (2) Sometimes
- (3) Often
- (4) Always

Do you often worry about pleasing others and feel obligated to be available for them, even at the expense of your own needs?

- (0) Never
- (1) Rarely
- (2) Sometimes
- (3) Often
- (4) Always

Do you find yourself constantly offering advice or support to someone, only to have them ignore it and continue seeking your help?

- (0) Never
- (1) Rarely
- (2) Sometimes
- (3) Often
- (4) Always



Do you experience physical symptoms (like fatigue, headaches) after socializing?

- (0) Never
- (1) Rarely
- (2) Sometimes
- (3) Often
- (4) Always

Do you have trouble saying "no" and often overcommit to activities or obligations?

- (0) Never
- (1) Rarely
- (2) Sometimes
- (3) Often
- (4) Always

Do you ever feel like I need to "recover" after spending time with certain people or in specific environments?

- (0) Never
- (1) Rarely
- (2) Sometimes
- (3) Often
- (4) Always

Do you often feel drained or heavy after spending time in crowded places or around large groups of people?

- (0) Never
- (1) Rarely
- (2) Sometimes
- (3) Often
- (4) Always



Do you struggle to let go of past interactions, often replaying conversations or feeling emotionally attached long after they've ended?

- (0) Never
- (1) Rarely
- (2) Sometimes
- (3) Often
- (4) Always



Scoring:

- **0-10:** You likely have a strong sense of your own energy and boundaries. Continue to nurture these skills and maintain positive connections.
- **11-20:** You may be experiencing some influence from energy vampires. Consider exploring your boundaries and seeking to protect your energy more effectively.
- **21-30:** You are definitely feeling the effects of energy vampires. It's important to evaluate your relationships and take steps to protect your energy. Consider setting clearer boundaries.
- **31-32:** You are highly susceptible to energy vampires. Prioritize self-care, establish strong boundaries, and seek support to regain your energy and well-being.

Immediate Steps You Can Take

If you suspect that energy vampires might be affecting your well-being, don't worry! Here are some empowering strategies you can implement right away to help protect your energy and restore balance in your life:

- **Set Clear Boundaries:**

Communicate your needs openly and kindly, letting others know when you require space.

Boundaries are essential for your emotional well-being.



- **Limit Interaction:** If certain individuals consistently drain your energy, be mindful of how much time you invest in those relationships.
- **Engage in Self-Care:** Prioritize activities that replenish your energy, such as meditation, yoga, or enjoying a hobby. Self-care is crucial for maintaining emotional health.
- **Visualize Protective Energy:** Before engaging with someone who may be draining, visualize a protective bubble around yourself, absorbing negativity and allowing only positive energy to flow through.
- **Invoke Archangel Protection:** Call on Archangels, such as Archangel Michael, for strength and protection. Ask for assistance in cutting any energetic cords that may be affecting you.

By taking these immediate steps, you empower yourself to reclaim your energy and foster healthier, more balanced relationships. Remember, it's perfectly okay to prioritize your well-being and cultivate an environment that supports your growth and happiness!

An Offer of Connection And Support For You



Are you feeling drained by energy vampires in your life?
It's time to reclaim your vitality!

Join my upcoming workshop, **“Cutting the Cords:
Releasing What No Longer Serves You with Archangel
Michael.”**

Here's What You'll Gain:

- **Connect with Archangel Michael:** Tap into his powerful guidance and protection during this sacred healing journey.
- **Understand Etheric Cords:** Learn how these invisible ties form and identify signs they're affecting your well-being, like chronic exhaustion and negative thoughts.
- **Clear Your Energy:** Experience a guided meditation to cut ties and release burdens holding you back.
- **Create a Healing Space:** Master techniques to cleanse your environment and maintain positive energy.
- **Empower Yourself:** Gain practical tools to establish healthy boundaries and reinforce your energetic shield.
- **Bonus Materials:** Receive an invaluable PDF guide on harnessing Archangel Michael's energy for ongoing support.

Contact me at yvonne@thereisanangelforthat.com to register or for more information.