



Somewhere along the line of development we discover what we really are, and then make our real decision for which we are responsible. Make that decision primarily for yourself, because you can never really live anyone else's life.

— Eleanor Roosevelt

The indispensable first step to getting the things you want out of life is this: decide what you want.

— Ben Stein

There are only two options regarding commitment. You're either in or out. There's no such thing as a life in between.

— Pat Riley

The greatest mistake you can make in life is to be continually fearing you will make one.

— Elbert Hubbard

When you are content to be simply yourself and don't compare or compete, everybody will respect you.

— Laozi

Stay committed to your decisions, but stay flexible in your approach.

— Tom Robbins

Emotional Vampires - Five Common Types and How to Slay Them

Halloween is a good time to look at the emotional vampires that, at times, we all come across. Dr. Judith Orloff answers some common questions you may have.

What is an emotional vampire?

The biggest source of energy drain I see in my patients is their relationships. Emotional vampires are people who can drain your energy and suck you dry. They are the people who make your mood take a nosedive, who you feel sick or tired around - you may even want to binge on comfort foods. Basically, it's a person who changes your mood for the worse just by being around them.

What's the most common types of emotional vampire out there?

There are five types:

- Narcissistic
- Victim
- Controller
- Constant Talker
- Drama Queen

I would say that the "Victim" is the most common. That's the friend who keeps you on the phone for two hours complaining about everything, but they never seem to do anything about how miserable they are. You start avoiding their phone calls after a bit because they are exhausting and you feel like there's nothing you can say about it.

What can we do about the feeling that we can't do anything about an

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WHAT'S INSIDE

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ALL-STAR MARTIAL ARTS

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October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> -Coat Drive -TKD make up test -BB Prep class -Kray Maga Seminar
<i>2</i> -Coat Drive	<i>3</i> -Coat Drive	<i>4</i> -Coat Drive -Northlake Forest Night Out	<i>5</i> -Coat Drive	<i>6</i> -Coat Drive	<i>7</i> -Coat Drive	<i>8</i> -Coat Drive -Texas Open TKD Championship -Cy-Fest
<i>9</i> -Coat Drive	<i>10</i> -Coat Drive	<i>11</i> -Coat Drive	<i>12</i> -Coat Drive	<i>13</i> -Coat Drive	<i>14</i> -Coat Drive	<i>15</i> -Coat Drive
<i>16</i> -Coat Drive	<i>17</i> -Coat Drive	<i>18</i> -Coat Drive	<i>19</i> -Coat Drive	<i>20</i> -Coat Drive	<i>21</i> -Coat Drive	<i>22</i> -Coat Drive -BB Prep class -Parents night out
<i>23</i> -Coat Drive	<i>24</i> -Coat Drive	<i>25</i> -Coat Drive	<i>26</i> -Coat Drive	<i>27</i> -Coat Drive	<i>28</i> -Coat Drive	<i>29</i> -Coat Drive -Road cleaning -Halloween safety party
<i>30</i>	<i>31</i> -Full Uniforms					

Emotional Vampires—Five Common Types and How to Slay Them



emotional vampire? Why are we too afraid of being seen as impolite?

A lot of people don't speak up for themselves because they are afraid of offending someone or being impolite. I wrote the book *Emotional Freedom* to give people strategies of how to deal with situations like this. It's a skill that people are not taught, but my hope is that you can learn a few simple tools, you can deal with emotional vampires in a loving and sensitive way.



Do you have any tips of how we can protect ourselves from getting into

relationships with emotional vampires?

First, you have to notice how your energy is when you're around the person. If you are on a date and everything seems to be going great, but you notice that you are exhausted, do not marry this person.

Other than that, I ask people to sit down and think of their top five buttons. The top five things that set them off. Things like guilt trips, petty criticisms, anger — everyone has buttons, and emotional vampires happen to be able to see these buttons more than other people, and they will push them. Once you know what sets you off, it can help you take the emotionality out of dealing with them, because that's key. It may take a while for you to be calm enough to respond, but at least you'll know when to go and calm yourself.

Once you have your head in the right place, what can you do?

I call it the "Warrior's Way" of dealing with people who want to push your buttons. Your tone of voice is critical — you have to talk to an emotional vampire in a very matter-of-fact-way or compassionate manner, rather than trying to deal with them the way they are talking to you. You don't want to turn them off, because you have a goal. If you take the bait and get emotional, then nothing will change.

I recommend techniques like limit setting — for instance, calmly telling a person who criticizes you that they hurt your feelings and you'd appreciate it if they didn't do it again. Get in and get out quickly, with a smile. You

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do not want a dialogue. For a boss who is narcissistic, frame the things you want in terms of what they're going to get out of it.

If you want a vacation, saying, "Me taking off time here and returning here will benefit the company" will get results faster than "I'm exhausted and I need time off". For a drama queen coworker — by the way, *never* ask a drama queen how they are doing! — I recommend using "not interested" body language. Turning away from them, crossing your arms, and calmly explaining that you have work to do. It takes practice, but it's definitely worth it.

Dr. Judith Orloff, is an Assistant Clinical Professor of Psychiatry at UCLA. Her book *Emotional Freedom* will give

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This Month

- On going throughout the month-Coat Drive
- 10/1 Make up belt test 10am to 11am
- 10/1 Black Belt Test Prep 11am to 2pm
- 10/1 Krav Maga Seminar 11am to 3pm
- 10/4 Northlake Forest Night Out 6pm to 8pm
- 10/8 Texas Open TKD Champion
- 10/8 Cy-Fest 10am to 2pm
- 10/22 Black Belt Prep Class 11am to 2pm
- 10/22 Parents Night Out 6pm to 10pm
- 10/31 Full uniforms required Mon-Fri(T-shirts on Sat)



Dress up for REAL!

Every year, children dress as the Karate Kid, but every week, I AM the Karate Kid!

Martial arts training is not a Halloween activity; it's an everyday activity. During October, we're offering a FREE uniform with any trial program. Call today to learn how you can join us!

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