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Emotional vampires are people you probably will find at work. They are not psychopaths, but still they are dangerous enough to cause plenty of trouble if you don't recognize them as playing by a different set of rules than you do. The most useful way to understand people with personality disorders is to recognize the hunger that motivates them.

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Being around an emotional vampire can cause us to feel depressed, anxious, frightened, confused and in pain. It can affect our productivity, our ability to focus and our overall mental, physical and emotional well-being. This term is commonly used to describe narcissists and sociopaths who psychologically bleed us dry.

If you have ever found yourself face-to-face with an employee, boss, or consultant who turned out to be a bloodsucker, *EMOTIONAL VAMPIRES AT WORK*

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to begin by owning that you are the only person responsible for your thoughts, your behavior and your happiness.

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