

WORKPLACE VAMPIRES: YES THEY EXIST!

*I have never met a vampire personally
but I don't know what might happen tomorrow...Bela Lugosi*

WHAT TO KNOW!

- ❖ Workplace vampires are bosses and co-workers who steal your energy and leave you feeling depleted; they suck your vitality and leave you feeling angry or depressed
- ❖ Vampire bosses make work impossible due to needing to be superior and in control
- ❖ Workplace vampires blame others and focus on what is going wrong not right; they are judgmental, have little "self-reflection", and are insensitive
- ❖ Workplace vampires may seem normal for regular periods of time but can attack when they feel that someone is challenging them or not listening to them
- ❖ While they may say they care, vampire bosses only care about themselves
- ❖ These bosses cause large employee attrition, poor employee morale, employee passive aggressive behaviors, and diminished productivity
- ❖ Dr. Albert Bernstein described emotional vampires as people who are extremely critical, controlling, narcissistic or very negative and manipulative
- ❖ Dr. Judith Orloff described different types of workplace vampires:
 - ❖ **Criticizing vampires** belittle you and makes you feel small and ashamed
 - ❖ **Controlling vampires** need to dominate and know what is best for everyone
 - ❖ **Passive aggressive vampires** may be nice one moment and mean the next
 - ❖ **Victimized vampires** always thinks someone is out to get them
 - ❖ **Needy vampires** are constantly around you looking for attention
 - ❖ **Negative vampires** need to complain and are constantly depressed/overwhelmed
 - ❖ **Narcissistic vampires** are grandiose, self-important, and always need attention
- ❖ Additional co-worker vampires have been described as:
 - ❖ The **procrastinator** who is always late and destroys your work schedules
 - ❖ The **slacker** who has a poor work ethic and will do personal tasks rather than work
 - ❖ The **braggart** who has loud conversations and talks about how great they are
 - ❖ The **intruder** who peers into your work and encroaches your space
- ❖ Are you a workplace vampire? Ask yourself:
 - ❖ Do people avoid being with you?
 - ❖ Do you talk only about yourself and your life?
 - ❖ Do you like to spread gossip and tell stories about others?
 - ❖ Do you find fault with others and try to control them?

WHAT TO DO!

- ❖ Don't get defensive and take what one says personally
- ❖ Set clear boundaries and limit or change your interactions
- ❖ Visualize an imaginary protection so that their negativity cannot get through to you
- ❖ Speak up for yourself in a respectful manner
- ❖ Think positively and limit the time you spend talking about complaints
- ❖ Stay calm, take a few deep breaths, and avoid getting caught up in their emotions
- ❖ Be friendly with those who are positive and optimistic
- ❖ Be supportive and show empathy but do **not** try to be a rescuer of energy vampires
- ❖ Seek professional help if you feel overwhelmed by vampire bosses or co-workers and feel depressed and trapped

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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