

# Psychic Self Defense – Assessing your own Vulnerabilities

When doing security & protection, one of the 1<sup>st</sup> and most important steps is understanding our own vulnerabilities. We want to find these vulnerabilities in ourselves before someone else does or we find them at an “inconvenient” time.

In this exercise, I want people to start thinking about their own vulnerabilities to psychic attacks & negative energies. Think about how vulnerable you feel, how can you be psychically attacked by spiritual entities or by people (intentionally or not) or just impacted by negative emotions and energy. Identify what fears do you have about these types of attacks?

ASSIGNMENT: Write down a list of vulnerabilities you have (or fear you have) to various types of psychic attacks, negative energies, negative emotions or intense discomfort to certain situations or places. Include any situations in the past you had & how you think they occurred.

**THIS SHOULD NOT BE SHARED & IS FOR YOUR OWN USE ONLY!** It’s about each person learning to recognize & be aware their own vulnerabilities since we all have them.

Our Goal is to:

1. Identify when we get triggered/attacked
2. Understand how getting triggered/attacked affects us
3. Understand what is the best way till prevent/protect ourselves from these events.

## Questions for identifying vulnerabilities:

1. **When** do you feel “triggered”, negative energy, highly negative emotions (anger, fear, hate) or psychically/emotionally/mentally attacked?
2. What type of **symptoms** do you feel?
  - a. Where do you **feel** these symptoms in your body?
  - b. What do you **see**?
  - c. What do you **hear**?
  - d. What do you **smell**?
  - e. What do you **taste**?
3. Do you think **physical or mental health issues** may be contributing to these symptoms?
4. What type of **situations** make you feel these symptoms?
5. What type of **people** make you feel these symptoms?

6. What type of **locations** make you feel these symptoms?
7. What is your **3 biggest fears** about psychic attacks?
8. What do you do when you feel these symptoms?
  - a. What protections do you use against psychic attacks?
  - b. How do you know if this protection worked?
  - c. If a specific protection doesn't work, what do you do next?
9. Have you been formally trained in dealing with psychic attack? Do you think it would help you?

**EXAMPLE OF VULNERABILITY TABLE**

Type of Vulnerability	Situation where it occurs	Symptoms	How you Dealt with it & does it work?
Deliberate Psychic attacks by individuals			
Negative emotions being triggered by certain people			
Being Triggered by certain places			
Uncomfortable with certain types of people			
Feeling of Energy Overload			
Certain beliefs that make me extremely angry			
TV shows, newspapers, websites that present information that makes me physically sick			

**USING THIS INFORMATION:** Once we identify when we get triggered/attacked, how it affects us and potential strategies for dealing with them; this information can be used to keep ourselves safe and healthy in a wide variety of situations. **The more we know ourselves, the safer we will be.**

## APPENDIX A

### Symptoms of Psychic Attacks or Negative Energies

**(Note: Many of these symptoms may be caused by physical, medical or mental health issues. Always consult your health care provider before assuming any metaphysical cause!!!)**

- Sudden fatigue, depletion of energy or other indisposition for no apparent reason
- Ongoing, repetitious streaks of bad luck
- Increasing discord in one's primary relationship, family or work place
- Unexplainable noises or sounds in your home
- The experience of people suddenly turning negative when in your presence
- Depression, despair, hopelessness, or excessive negative thinking
- Being surrounded by sudden coldness, even in a warm room
- Giving or working continually without receiving anything positive in return
- Unexplainable aches and pains in different parts of the body
- A feeling of weight pressing down on you while you are asleep or dreaming
- Continuous and intensifying sense of oppression or fear while awake
- Nervous exhaustion
- Repetitive nightmares, which may ultimately make the sufferer reluctant to sleep. These nightmares may have themes such as:
  - Forecasts of doom
  - A sense of foreboding
  - A sense of being watched or stalked when there is no one around
  - Fear and/or feelings of isolation
  - The intuitive or visible presence of a manifest thought-form or simulacrum
  - An inexplicable numbing, followed by paralysis, beginning at the feet and extending gradually up the body
  - Jabbing or prickling sensations, typically in the hands, feet, lower legs, or back
  - Rapid onset of constant choking or a feeling of suffocation with no apparent causes