

# Leaky Chakra Syndrome

**Leaky Chakra Syndrome:** A condition that occurs when a person's chakras have holes that allow other people's energy to seep into the chakras, but then the energy cannot escape and becomes lodged within the person's energetic body.

## **Symptoms of Leaky Chakra Syndrome (for an empath):**

- You often get emotionally overwhelmed in public places, especially crowded places where there's a lot of excitement (think the mall on black Friday)
- You often feel your emotions shift depending on who you're around, and sometimes even shift your entire personality to be more emotionally comfortable around others
- It's often difficult to tell whether an emotion is yours or is someone else's, and you're just experiencing it
- You often experience other people's physical ailments
- It's easy for you to "lose yourself" in a relationship, and to not know where you begin and your partner ends
- You have trouble watching disturbing movies or news items, because you experience the scene as if you are them
- You feel insecure if someone doesn't like you
- You feel everyone must like you or you feel like you are a "bad" person
- You find yourself taking a lot of people pleasing actions
- It's hard for you to figure out what YOU want when you are around other people