**5 HORRIFYING MYTHS ABOUT DOPPELGANGERS**

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Image courtesy from My Haunted Life

Though science regards it as one form of autoscopic phenomena, there are myths and real-life stories about doppelgangers that are both disturbing and chilling. The contemporary meaning of *doppelganger* is actually just a look-alike person or someone who has similar physical looks but its history stemmed from paranormal definition and German term that means, “double-goer”, a supernatural being who takes your form. Other than that, there are various myths and legends about them that came from ancient folklores:

1. **BRINGER OF BAD NEWS**

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Image courtesy from True Horror Stories of Texas

Seeing someone’s doppelganger is actually associated with bad omens. Few people who reportedly saw their doppelgangers went into a terrible accident after and some even died. Seeing your own doppelganger is believed to mean danger or death.

1. **AWFULLY QUIET**



Image courtesy from The5s

Legend has it that when your doppelganger is copying you and interacts with the people you know, it is strangely silent and won’t talk even when asked. This counterpart also has different personality than the original person and can be recognizable by one single trait --- it is somehow mute and has a grim aura.

1. **YOUR COUNTERPART**



Image courtesy from Pinterest

It is said that a doppelganger is someone that can disguise as you and who is very opposite from you. If you’re a kind person, your doppelganger is evil, if you’re an evil man, then it is the opposite. This ghostly twin can plan sinister ideas on the copied person, and can even create hallucinations on the person’s mind bringing confusion and unexplained dread.

1. **CAN DRAIN YOUR ENERGY**



Image courtesy from Kring

Some believe that if your doppelganger is on the move and appear in many places you commonly go, you unusually have a draining of energy even when you’re not experiencing any medical symptoms. It guzzles your energy and can make you physically tired and sick.

1. **THEY HAVE NO REFLECTION**



Image courtesy from The paranormal guide

Doppelgangers are not real people, but rather just a copy of a person’s physical form which commonly signals one’s doom. There is a way to spot a doppelganger, though- they bring no shadows or reflection on the mirror or water.