

MANAGING MY OWN GREMLIN(S)

The Gremlin is a concept developed by beliefs and feelings to maintain the status quo in our lives. Often operating as if to protect us, IT in fact keeps us from moving forward and blocks us from getting what we truly want. The Gremlin is neither good nor bad; it just is. The Gremlin loses its power when we identify IT for what IT is, notice options in situations, then consciously choose what it is we really want.

The Gremlin often precipitates an emotional hijacking. The Gremlin can be that inner voice of beliefs that abhors change and protects the status quo. As soon as the Gremlin gets a whiff of a change, it may show up uninvited. It will have a favorite language: “I should...,” “They will not respect or like...,” or “I cannot...” The Gremlin can, at times, sound reasonable: “I will start on Monday,” “Let me think about this some more,” and “If only they...” The Gremlin is creative and persistent, therefore it is important to identify self-sabotaging behavior (via the Gremlin) that may impede your progress.

Date: _____ Gremlin’s Name: _____

When does your Gremlin show up most? (A Gremlin is whatever may be hijacking your own or other’s personal best efforts to protect the status quo of the way things are.)

From what is your Gremlin protecting you? (Usually a fear.)

What do you want to have? What is your Gremlin preventing you from achieving?

What type of person elicits the Gremlin to appear?

What are you most likely doing when the Gremlin appears?

What do you GAIN/LOSE from *self-managing* the Gremlin?

GAIN _____

LOSE _____

What do you GAIN/LOSE from *not self-managing* the Gremlin?

GAIN _____

LOSE _____

What do you need to learn or do better to manage your Gremlin? What can you do to interfere with an emotional hijacking prompted by the Gremlin?
