

SELF-MANAGEMENT – GREMLIN SPEAKS

A person is just being himself or herself. How they treat you is not much different from how they treat other people. Your internal reaction (Gremlin) determines the effectiveness of your external action (behavior/attitude).

So what are some of the things you do or think (assumptions/beliefs) that influence your internal reaction? *How do you set yourself up?* **Highlight or circle those Gremlins** that are interfering with you being your personal best.

Overly attached to a particular outcome.

Trying to please the client or group.

Not really listening to what people are saying.

Wanting and needing to be accepted and included.

Fear of acceptance and inclusion.

Emotionally distant or shut down.

Lacking in compassion or empathy.

Unable to speak from the heart.

Wanting and needing to be successful or recognized.

Fear of failure (or even fear of success).

Difficulty dealing with strong emotions.

Difficulty dealing with conflict.

Wanting and needing to be in charge, in control.

Fear of being in control.

Difficulty being an authority figure and setting boundaries.

Stereotyping the group or some people.

Judging the group or some people.

Too shy to build rapport.

Fatigued and rushed.

Worried about how the group perceives you.

Not feeling centered.

Stressful things going on in your life.

Impatient.

Unrealistic expectations of the group or yourself.

Inflexible - cannot adapt to the changing situation.

Feeling superior and knowing it all.

Feeling inferior and not good enough.

Defensive – unable to listen to criticism.

Feeling bored and unchallenged.

Cannot stop congratulating yourself on success.

Feeling unprepared.

Ungrounded and unfocused.

Not really wanting to be here doing this work.

Unable to get inspired.

Too caught up in the past or future to be in the present.

Staying upset with yourself over making a mistake.

How others act toward you determines your own self-worth.

Unable to let go of what someone did or said.

Too busy talking to notice the impact you are having on your listeners.