

Facing Down the Gremlin

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Ah-h-h-h! That dreaded Gremlin (not to be confused with Goblin, although they both are "spooky" as they try to get us to shrink back in fear). We all have It. The Gremlin is that inner voice that hates change and loves status quo.

It's the voice we hear when we attempt things that says, "This is stupid, too risky, you're not ready, you're not equipped ..." "I should be stronger ... I shouldn't be so needy ... they won't like it if I do ... I can't succeed on my own ... I don't have the answers/don't have the talent/don't have the experience/don't have whatever they're looking for ... What was I thinking of? ... I might get hurt ... What will they think of me? ... I'm out of my league and way over my head! ... It's just too hard to do this ..." "I'll be more productive if I wait until Monday ... I have to earn a living after all ... I should give this more thought - no need to be hasty! ... See, you've got no spine! ... You've got no followthrough. Give it up!"

Have you ever heard any of those voices?? Gotta love the Gremlin! It's often scared and nervous of change. And Its primary job is to hold you back and hold you down ... to make you overly careful and concerned and afraid - whatever it takes to keep you from being proactive and assertive and courageous.

The bad news is, the Gremlin won't go away on its own. It can't be coached or pinned down by coaching questions. And it can't be ignored. So what do you do with It?

Here are a few of the effective strategies.

1. **You have to recognize It** when It appears and speaks. Notice It. Name It for what It is. Bring It out of the shadows and it will begin to lose Its power. The Gremlin can't stand up to too much scrutiny.
2. **Keep a list of the Gremlin's statements to you.** When you hear it, write the statement down - any time you're trying to make a positive change in your life, and that Voice tries to dissuade you, write down those "inner" words. This way you will get in the habit of immediately recognizing the Gremlin for what It is and can then deal intentionally with It.
3. **Confront the Gremlin directly.** When you hear the Voice, be bold: "Is that you, Gremlin, talking? Hello, Gremlin. Who invited you? What's that worn-out message you want to play again? We're done with that - thanks very much!"
4. **Use the two most powerful Gremlin-Stopping words.** All those reasons the Gremlin has built up over the years - rationales to explain why things are the way they are and why they can't be done - are shattered by these two powerful words in the form of a question: "SO WHAT?"

So there it is - your personal ANTI-GREMLIN STRATEGY: Name It, List It, Confront It, So-What It. And if you have a particularly difficult time doing this or need help to make it a habitual strategy, just call us - we're anti-Gremlin specialists (Goblin-busters)! :)