

YOUR GREMLIN

I already told you a bit about your Gremlin. Your Gremlin is your inner critic who tells you in some very specific way that you are not good enough. I recommend devoting one of your first journal entries to your Gremlin. Before you write, take a few moments to think of the things you are most self-conscious of, the thing about you that if you could wave a magic wand to do away with just one thought you had about yourself this would be it; that's your Gremlin. That message is your Gremlin. For example, if you always wish you were smarter, then your Gremlin says, "You are not smart enough." If you feel that you are not worthy enough of a great life, then your Gremlin says, "You are worthless." The Gremlin's message is a very nasty one indeed, though he is actually something we created long ago to protect us. Now that we're older, his job is done and it is time to accept our Gremlin and perhaps even thank him, and then let him know he is no longer needed. First, you need to identify him.

Here's how to recognize him: set the timer to 20 minutes and have the intention of identifying your Gremlin.

Then write, by way of stream-of-consciousness, everything that comes to mind about how you are not good enough. Remember, when the Gremlin speaks he is very, very nasty. And – he/she is also a big fat liar! Nonetheless, in order to deal with our Gremlin, we must identify it. Think of all the negative things you ever heard about yourself that you internalized and twisted to create and strengthen your Gremlin to the point where it overshadowed your positive inner voice. It is the thing you most want to change about yourself; the thing that you believe has held you back from your goals and dreams and ultimately, happiness. In case you are not familiar with writing by way of streams of consciousness, I mean not to give any thought at all to your grammar, spelling or punctuation – just write whatever pops into your head. When you are done, walk away and shake it off. Call someone who always makes you laugh, or work out, or do something to take you someplace else. Then come back to working on your Gremlin the next day.

MY GREMLIN



Great job!

Now go back and read what you wrote. If it's not clear already, the concise and nasty message the Gremlin says to you should be after you read what you have written. Look for a central theme or see where you repeated yourself - that's your Gremlin. You may have more than 1 Gremlin, as many of us do – though right now you should focus on your primary Gremlin. The primary Gremlin is the one that is the Grandfather or Grandmother if you wish, of all your Gremlins.

This is your new message, and this is the truth. Whatever the initial message was isn't true; it is just something you heard from someone and internalized – your Gremlin is as real as a child's imaginary friend, only we don't outgrow our Gremlin until we learn about him and do this type of work. Choose to grow out of your Gremlin. Skip to the section on affirmations and rewrite your "I am" message in the top space.

Congratulations, you have begun to clear your ears in order to access your more positive voice. At iPEC, we refer to it as our "higher coach." Wayne Dyer refers to this voice as the Source or the Tao, and I think of it as the piece of God within me. You could call it whatever you wish, whatever resonates with you. It doesn't matter what your religious or spiritual beliefs are. All that matters is that that you believe.

Naming your Gremlin alone and telling it to take a hike is not going to be enough to consistently hear and honor your positive voice. That's why you have a whole workbook instead of one exercise! Who are you and what rules do you live by?

My Gremlin was the "I'm not smart" Gremlin. What's your Gremlin or what is his message?

My Gremlin is the _____
_____ (write in the message) Gremlin.

Now I would suggest giving your Gremlin a name and create a physical representation of your Gremlin. Do not name your Gremlin after a family member or anyone you have or had a personal relationship with, but rather use a generic name, like Bob for example. Then the next time Bob says anything negative at all to you, tell him to take a hike!

Further more you should create an affirmation that speaks directly against your Gremlin. Since my Gremlin said I was not smart, I affirmed: "I am smart and think holistically, using my left brain, creativity, and emotional intelligence." Write your new message here.

As of today, I am _____

