



## **Conquer the Power of your Gremlin**

One of the biggest challenges to any individual working to achieve a personal goal is themselves, or more precisely, their internal 'gremlin' determined to sabotage their efforts at every opportunity.

For each of us they send different messages and appear at different times. Perhaps it is the little devil sitting on one shoulder battling the angel on the other, or the little voice inside us which continually questions what we are doing and why. However, our personal 'gremlin' manifests itself to us and tries to undermine our efforts, it is important to know that we can overcome the sabotaging effects it has on us.

Firstly, a client may not even be aware of this part of them, which often negatively controls their behaviour and causes them to act in limiting ways. Coaching is a fantastic resource to raise a person's awareness to this. As soon as the negative messages they acknowledge are out in the open, they can start to understand from where they came, the reasons behind this sabotaging behaviour and work on strategies to accept this part of their character, in order to keep it in balance and ensure they are able to continue to work on achieving their goals.

Some examples of thoughts 'gremlins' may send are:

1. I've always failed in the past.
2. I'm not good enough to achieve this.
3. I'm not worthy of this.
4. How can they love me?
5. I can't do this.
6. They are better/more capable than I am.

These messages come from a basis of fear and are often at their strongest when we are stretching our comfort zone and trying new things – the exact time when we grow and develop as individuals. However, if these messages have enough power they can stop us taking those steps.

Again, coaching helps individuals identify the range of tactics and methods the 'gremlin' can use to ensure the same negative outcome. Just as one limiting belief has been

overcome, the same sabotaging thoughts can reappear in a different guise and without continued self-awareness, progress can be challenged again.

Individuals often find it useful to detach themselves from this part of their personality so that it can be looked at more objectively, almost as if it is another person. It takes courage to look at a negative part of our make up, but this helps enormously when they start to accept it and work on allowing it to exist, but without the control it has had over them in the past.

Some individuals like to give this part of their character a persona of its own in order for them to deal with the power more easily. An example would be that of a demanding child provoking, pestering or nagging. We all know that the sole purpose of a child behaving in this way is to gain attention and as soon as it gets the attention it requires, the noise subsides. The same could be said of our internal 'gremlin'. By ignoring it, it gains in power and strength controlling limiting beliefs. However, as soon as the negative thoughts are accepted, their power is diminished.

It is often unlikely that a 'gremlin' will disappear for good. It will pop up at times of stress, challenge or personal growth. However, working to recognise, accept and even love it as part of your unique personality ensures that its sabotaging efforts are kept to a minimum and you are free to continue to achieve the goals you have set yourself.

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