



## *Isolate Your Gremlin*

Very often a major obstacle to our growth and learning is 'the Gremlin'. You may know the Gremlin by another name -Inner Critic, The Voice, Parental Tapes - or many others. The Gremlin will always be strongest at times of risk, transition and vulnerability. The Gremlin seeks to keep things the same. If you were to grow, expand your life, move forward, the Gremlin would be out of a job! What makes the Gremlin such a tough opponent is that we think it is part of ourselves speaking up to keep us focused on reality, practicality etc. To move forward the Gremlin must be identified and seen as separate from us. Think of a time you heard those words inside your head:" What makes you think you can do that? Who do you think you are?" That was the Gremlin speaking! The coach works with you to honor the Gremlin's past contribution to your life, as you ask it for a new relationship, one in that you can move ahead and take risks which will deepen your learning about yourself and life.

From: Withworth *et al.* 1998: Co-Active Coaching: New Skills for Coaching People Toward Success in Work and Life.

