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# 5 Effective Ways to Deal with Gremlins

(March 05) You might recall from last month and in previous issues the notion of “the gremlin” in which I offered an NLP approach to dealing with this pesky critter.

Gremlins, in coaching terms are those nasty irritating voices that remind so many of us what we can or can't do, how we failed, or how we are going to fail, how people may not like us, etc... “The Gremlin” is really a concept developed by Richard Carson that embodies *a group of thought processes and feelings that maintain the status quo in peoples lives* (sound familiar yet?).

## **\*Do you want more than the status quo?\***

This month I offer 5 more effective ways to deal with this irritation:

### **1. Simply acknowledge or name the Gremlin.**

By acknowledging or naming the gremlin, we reduce or eliminate its power. Now we know it is something that is trying to hold us back, keep us in place, and keep us living the status quo.

### **2. Ignore the Gremlin, do not interact with it.**

Ignoring the Gremlin presupposes that we acknowledge it and make a conscious decision to ignore it. For those of you who are regular readers, you may recognize this as part off my living on purpose theme.

### **3. Give the Gremlin a job to do or a place to go, and then direct the gremlin.**

This too presupposes we are acknowledging the Gremlin, and perhaps even acknowledging that it likely has a positive intention. By giving it a job to do or a place to go, we eliminate it from irritating or affecting us in the moment. We may send it to Hawaii for a vacation, or have it find several ways for us to achieve a useful outcome for which the Gremlin is trying to “protect us” by keeping us from acting.

### **4. Talk to the Gremlin and move it out of the way.**

Again, acknowledging the Gremlin and simply asking or directing it to move out of the way! This is just a bit different than ignoring it.

### **5. Give the Gremlin a name and a life of its own!**

By naming the gremlin and giving it an identity or life of its own, this further separates it from “us” and makes it easier to identify it when it shows up, now or in the future.  
Write [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) and let me know how this has worked for you!