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# Limiting Beliefs & Gremlins: An NLP Methodology

(Feb 05) Limiting Beliefs: A NLP way to deal with those Gremlins

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?). In coaching, we have many ways to deal with these gremlins: identification of the gremlin, identifying our options, choosing a direction, etc... The next time you hear a gremlin, use this method and write me to let me know how it works:

- Identify the voice...what it is saying and answer the following questions:
  - Is it your voice or someone else's?
  - Where is the location of the voice? (left side, right side, in the middle, etc...)
  - What is the tone and tempo of the voice?
- Now that you have identified these things, you can begin to change each and as you do notice how it begins to shift the feelings you have in relation to the voice:
  - Start with location: shift it by moving the voice outside your head then 4 inches away... then 6 inches away... then 12 inches away...
  - Once you have the voice some distance, move it from one side to the other, notice any shifts
  - Change the voice! You can change it to a Mickey Mouse or Donald duck voice, to a cowardly lion voice, or one of my favorites a seductive, sensual sexy voice....
  - In each case change the tone and tempo, using the same words it was using.

Now that you have changed the location, the voice, the tone and tempo... take a short break, shake it off and now, try to listen to the voice again and notice how you now feel differently, or now that you have changed some things inside yourself, how the voice that used to effect you one way now, as much as you try in vain, how things have shifted!

Remember; let me know how you enjoyed this! Write at [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com)