



Draw Out Your Gremlin!



BACKGROUND: Acknowledging our gremlin is a very powerful tool. It brings a greater awareness to the critical or judging element within us – and that then gives us the opportunity to make changes and do things differently.

One way of looking at your gremlin (inner critic or judge) is to see it as a habitual way of thinking. When you were small, your gremlin helped you stay out of trouble. It protected you by repeating what it saw and heard from authority figures - teaching you how to stay safe by doing well and avoiding displeasing those who were crucial to your survival. But while you have 'grown up' and moved on, your gremlin has not and it still bullies, judges and criticizes you to 'keep you safe'!

So, your gremlin dates back to when adults knew best, were right - and children were wrong. This is how your gremlin views the world. But you are no longer a child, you have your OWN values, beliefs and ways of doing things - and can think for, decide for and protect yourself. You don't have to please others to 'literally' survive.

INSTRUCTIONS: Simply draw your gremlin or inner critic in the space below. Here are some tips:

- This isn't about creating a piece of art - a line drawing or sketch is fine. So don't judge yourself, just draw!
- Review the images on the next page to give you ideas, but be sure to draw YOUR gremlin from within you.
- Our gremlin may well have characteristics from a parent or authority figure from our past.
- Stuck? Try just picking up your pen and to START drawing *without thinking!* Or you could use your non-dominant hand to draw (so if you're left-handed use your right and vice-versa).
- Feel free to add phrases your gremlin uses, eg. "You should've known better" or "What are you playing at?"

Part 1 - Draw your Gremlin or Inner Critic here:



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Some images to help you visualize YOUR Gremlin or Inner Critic:





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Part 2 - Review your Gremlin or Inner Critic:

Let's take a closer look at your gremlin drawing. What you can learn about how your gremlin operates by answering the questions below?



What do you notice about your Gremlin Drawing?

Eg. Big arms to keep you in place, piercing eyes to spot mistakes or a critical frown so that feel watched - and u do better?

Key Gremlin Features:

What this feature represents:

- | | |
|---------|-------|
| 1. | |
| 2. | |
| 3. | |



When Is Your Gremlin Most Active?

Where and when in your life does your gremlin tend to crop up? What's happening at the time?

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What is your Gremlin's purpose, what is it trying to achieve?

.....

What is your Gremlin MOST afraid of?



Where Does Your Gremlin Come From?

Where might your Gremlin's thinking come from? Which specific people or experiences?

.....

.....

How relevant is this thinking today?



Moving Forwards:

If your Gremlin had a name, what would it be?

Who would you be without this Gremlin?

How could your life change and improve if you were to let go of this Gremlin?

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Finally, what will you do with this information? What ONE action will you take?

Action _____ By When _____