

# Gremlin Getting-Along Guide

# CURIOUS

Catalysts

Caitlin McDonald



# GREMLIN

## getting-along guide



An inner gremlin is one of those internal voices which make us act in ways that don't reflect the best parts of ourselves—they can be frustrating, obstreperous, embarrassing, or exhausting, and when we keep ignoring them or pushing them away, they can get downright scary.

But looked at in another light, inner gremlins are simply parts of us whose messages aren't getting heard. Gremlins, however misguided their methods, have messages that are intended to help us in some way. These messages might be outdated, irrelevant, and ineffective, but underneath it all they are an expression of something very important to us. Figuring out what that underlying intention is and reassuring the gremlin that this very important value or need will be met can often give the gremlin permission to go elsewhere.

# GREMLIN

getting-along guide

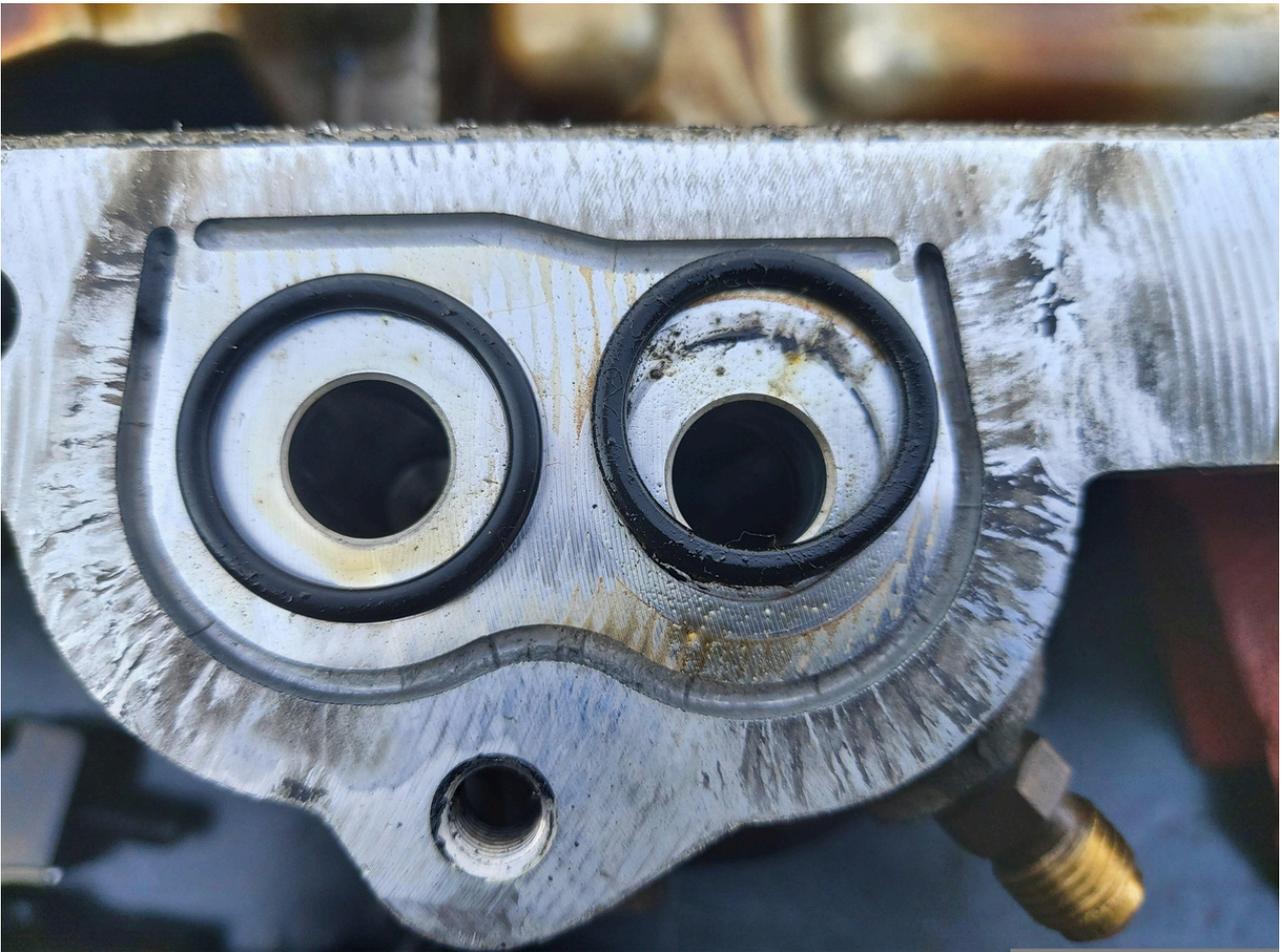
You might have noticed that trying to fight a gremlin often inflames rather than de-escalates the problem: the more we try to resist, the more firmly the gremlin gets hold of us. Once we start treating gremlins like opportunities for learning and change, observing them in a detached but curious way, or even thankful for the positive intention that they are trying to offer us (even if it's not landing right), their power loses some of its hold.



# GREMLIN

getting-along guide

Most people already have an idea of a gremlin which shows up for them: something that makes you think, "Oh no, here we go again!"



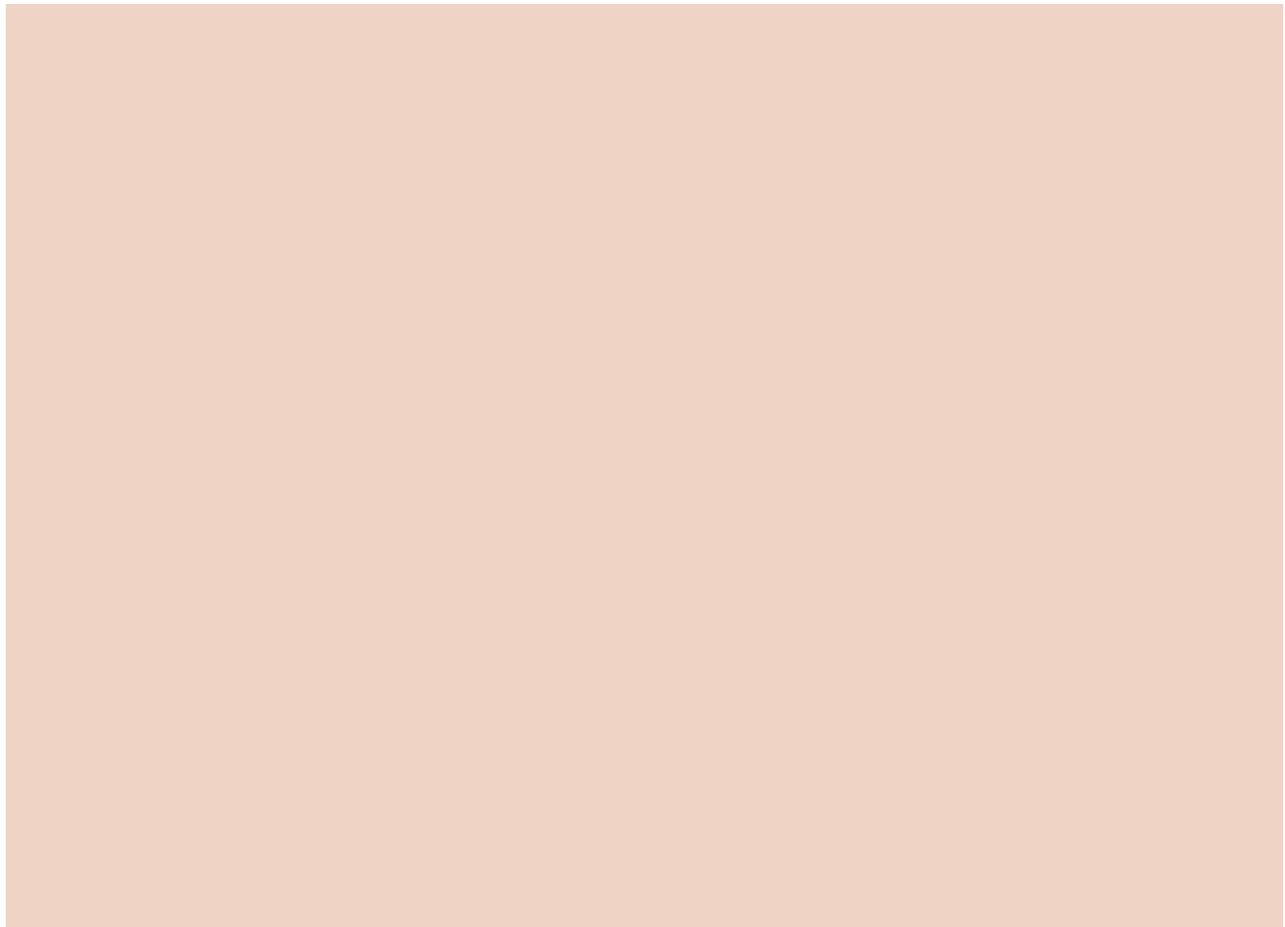
If you don't, think of a time recently where something happened that made you have a strong feeling (maybe frustration, disgust, sadness, any strong feeling) that ALSO felt familiar, like it's something that happened before, or you know happens regularly.

# GREMLIN

getting-along guide

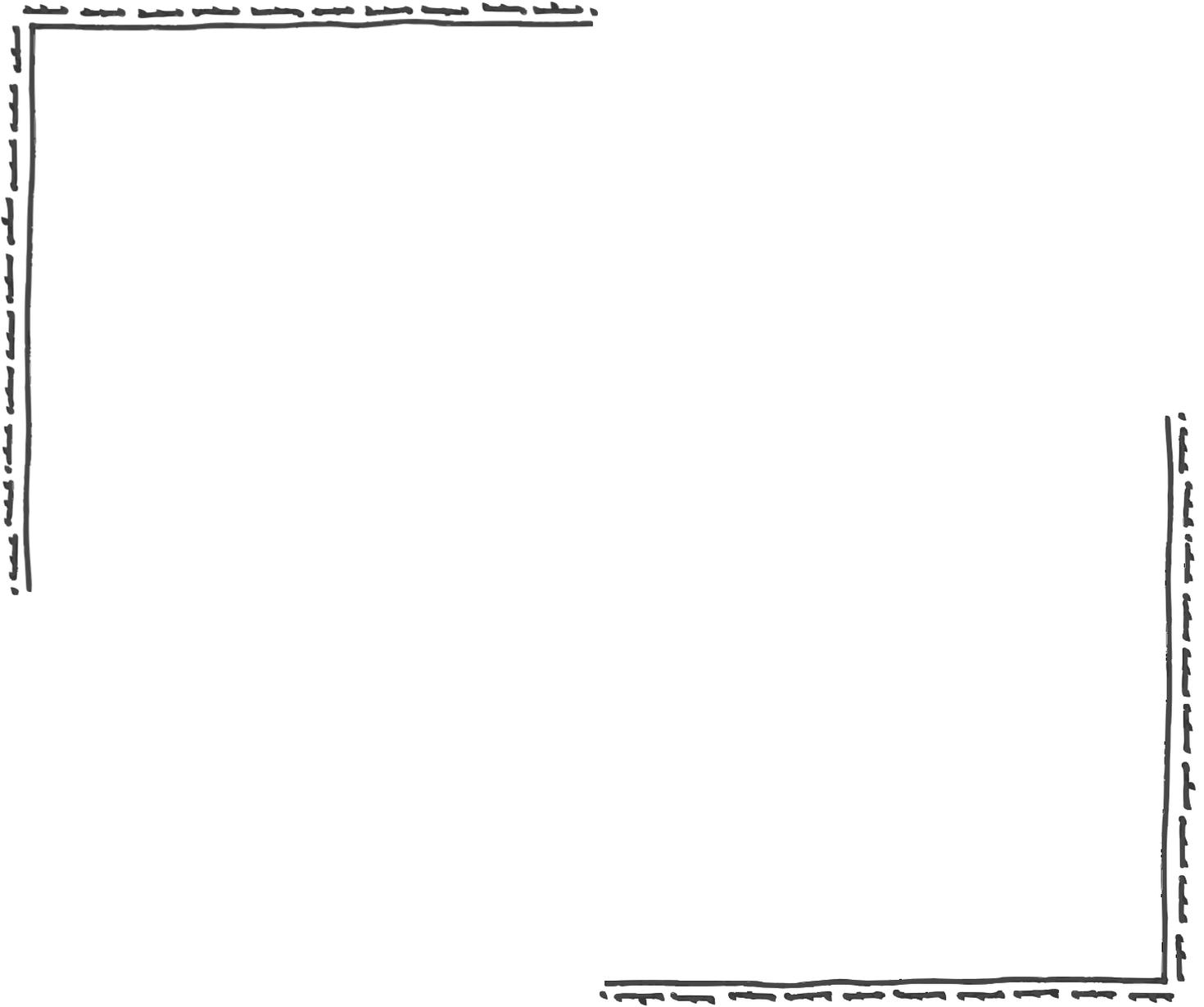
Take 5 minutes to reflect:

- When does this gremlin usually show up for you?
- What do you feel, emotionally and in your body, when this gremlin arrives?
- What is the benefit of this gremlin? What positive purpose is it trying to serve?
- What does your gremlin look like? Does it have a sound? A smell?



# GREMLIN

getting-along guide



Draw your gremlin!

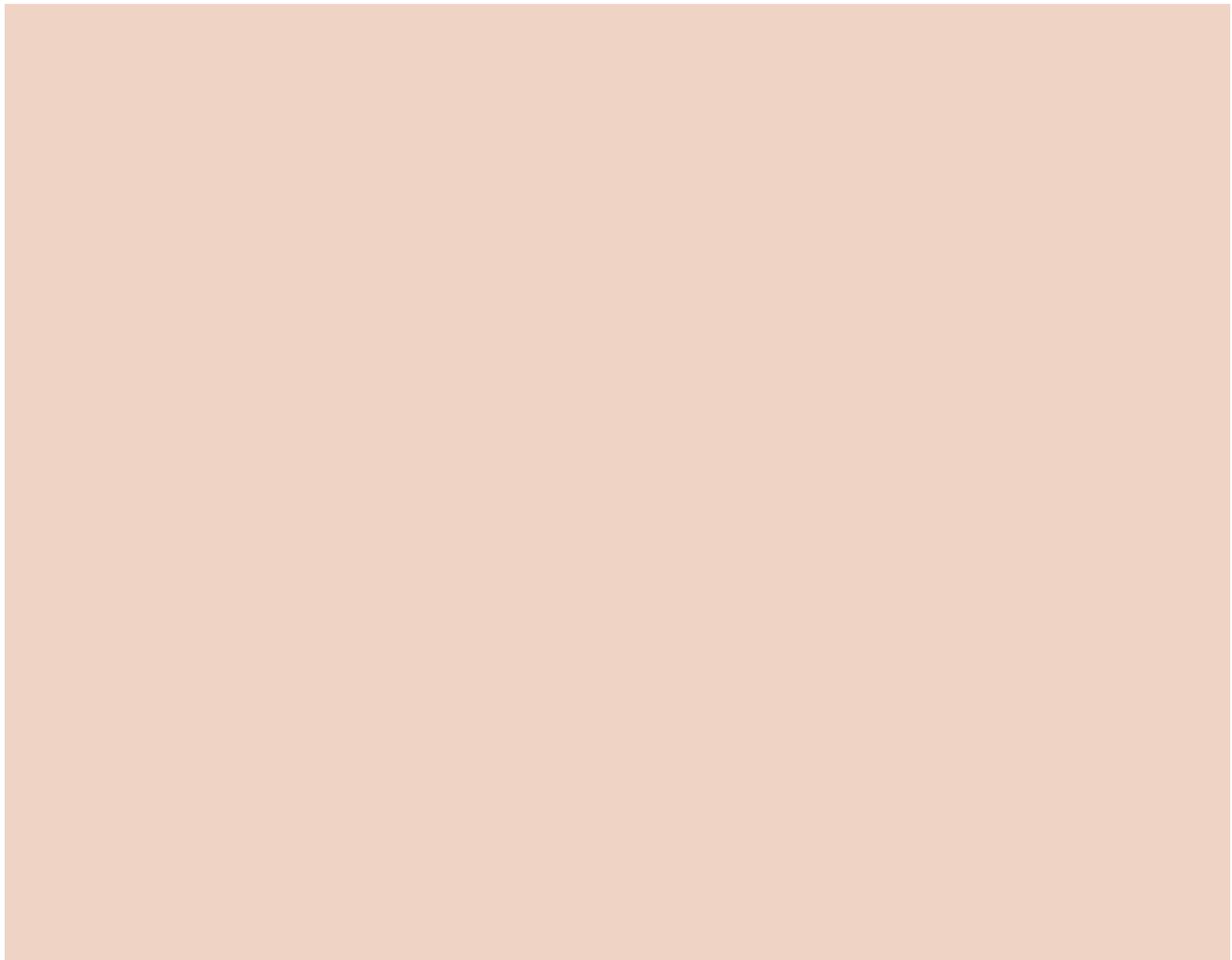
You don't need to be a master artist here, just get down the key features your gremlin represents for you.

# GREMLIN

getting-along guide

Take 5 minutes to reflect:

- What is your favourite thing about your gremlin, now that you know it a bit better?
- What do you want to say to your gremlin about the positive purpose it is trying to serve?
- What would you like to change with your gremlin about the approach it's been taking?  
What do you want to be different now?







# CURIOUS

## Catalysts



**Curious catalysts** accelerate the process of identifying where we want to go and how to get there.

These are shaped through my coaching work with clients and by powerful, research-backed insights from leading lights in the field of coaching and positive psychology.

Want more? Reach out to me at the website below.

*Courage* in the complicated  
[caitlinmcdonald.com](https://caitlinmcdonald.com)

