

I Am Not My Gremlin!™ Step 1 Video Transcript

Note: Please take care of yourself. While this information is intended for general educational purpose and is not therapy, some of this content may or may not be triggering for you. If that occurs please feel free to pause the material, walk away, and/or seek support. Some support resources can be found [here](#).

Step 1 Video: Separating the real you from your Gremlin

The Short & Sweet: Separate it

It was 1994 and I was a second year undergrad student and I was failing. After being placed on academic probation in my first year I had failed to raise my grades and was facing academic dismissal. All because I was being bullied... by a voice in my own head.

My name is Dr. Easter Yassa and I completed my PhD in Counselling Psychology from the University of Alberta in 2014. I am a Psychologist by profession, the founder of the [World in Wonder Integrity and Kindness non-profit organization](#), and the creator and originator of the I Am Not My Gremlin!™ mental health initiative.

A straight “A” high school graduate, I had started university at 17 and I was overwhelmed and not used to asking for help. What people saw was that I was skipping classes, failing assignments, and my text books were still wrapped in their plastic by the time exams came.

What people, even those close to me, didn’t see was that I was being bullied by a voice inside me that said “you’re not good enough”, “you’re not smart enough”, “you’re an imposter” and “there’s something wrong with you”. I wasn’t even fully aware at the time of what my inner critical voice was, just that I felt stressed, scared, helpless, and exhausted all the time.

I learned to cope with these unwanted feelings by avoiding doing anything that would make that voice get louder. I thought this voice was telling the truth. And I thought that this voice was just who I was. It never occurred to me until years later that I could detach from this voice, question this voice, or even that I might be much greater than this voice would have me believe.

Turns out we all have an inner voice making ongoing commentary about ourselves, others or the world. Some positive, some negative. If you’re here there’s a good chance that you know something about what it’s like to feel dominated by your negative inner voice at times, particularly when its talking about you.

Your Gremlin is the negative voice inside you that criticizes you or makes you feel bad or shameful. It can also be the voice of a mental health challenge you’re dealing with, like anxiety, depression, addiction, an eating disorder, or a range of others.

Maybe you have managed to keep yourself busy or distracted. Maybe you tried avoiding anything that would make it louder. Perhaps you’re used to making decisions about your life based on what this voice is saying. Or you’re current and potential relationships are affected by what it tells you. Possibly you’ve noticed it has the power to tank your mood and emotions whenever it pipes up. Maybe you’ve noticed it leaves you feeling helpless or overwhelmed, angry, sad or scared. Perhaps you’ve noticed it’s hard to outrun. And you, like I did, think it’s just who you are.

Well, I’m here to tell you that you ARE NOT this voice.

While this voice may be a part of you, it is NOT YOU.

And what’s more, the clearer you become on who or what this negative inner voice really is, the clearer you will become that it is NOT you, the more choice you will have in whether you listen to it or not, and the happier you will become.

The I Am Not My Gremlin!™ initiative was developed to help you get just a little bit clearer about your inner negative voice. There are six (6) I Am Not My Gremlin!™ steps that I figured out through my personal journey and my professional training and experience, and want to share with you to help you start your journey towards knowing that you are more than this voice tells you that you are. They are:

Separate it,
Name it,
See it,
Make it,
Voice it, and
Challenge it.

No cool acronym. Short & sweet. Let’s just take these steps one at a time.

In this first I Am Not My Gremlin!™ video we’re going to focus on how to begin to separate who you are from this voice.

I Am Not My Gremlin!™ Step 1 Video Transcript

It's not unusual to be thinking that your Gremlins' voice is yours. After all it originates in your head doesn't it? It's quite common after what might be years of hearing this voice pipe up and drone on that you may be convinced that this negative inner voice is just who you are, who you've always been and who you'll always be. After all, how could it be any different?

Well, let's check it out with a little experiment adapted from Eckart Tolle in his book "The Power of Now".

Close your eyes or focus on a spot and imagine that the entrance to your mind is a mouse hole and your thoughts are the mice that scurry back and forth and in and out of that mind mouse hole. Now, I want you to imagine that you are waiting outside of that mouse hole and watching. Be like a cat, ready to spot any thought mice that might come out of that mouse hole of your mind. Now ask yourself "I wonder what my next thought is going to be?" and pay attention to what happens.

Go ahead and take a moment. Or you can return here later.

So... I could ask you all sorts of questions. About whether any thought mice popped out of the mind mouse hole, and if so how many there were, and how fast they came out... but I'm not going to ask you that. I'm going to ask you instead...

If the thoughts are the mice and your mind is the mouse hole...then, who or what is the observer?... The cat?

What on earth is that part of yourself that is just... watching... detached... not the same as the thoughts at all?

I am going to say something potentially a bit mind-blowing here...That observer... The one still and watching, detached and taking in what your mind is doing... That observer is you. Present you. The essence of you.

Picture yourself as a baby. You were not born with your Gremlin. It wasn't there on your first day on this earth. Your Gremlin developed over time as an blending of the messages you took in from around you, whether they were truthful or not.

Human beings when small are remarkable little detectives. We're always aware as children of what's going on around us... even when we're not conscious of doing it. The trouble is that we're terrible interpreters. We just haven't had the life experience to know at that point what any of the information we're taking in means. And when you add in the fact we operate from a self-centered view of the world in early-to-mid childhood we're likely to assume that whatever we see or hear is about us somehow even when it's not.

This, coupled with the messages we're taking in from around us, is the primordial goo from which our Gremlin's emerge. This is how they're born. Separately and distinctly from you.

I hope by now you have begun to have a sense that your Gremlin voice may not be what you've always assumed it to be. That it may not be you. That there was a time that you were free, even if very early in your life. And that you are a much greater and pure presence and energy than your Gremlin would have you believe. And maybe, just maybe, that this knowledge could illuminate for you a doorway to happiness and mental wellness that you didn't even know was there!

Join me in the next I Am Not My Gremlin!™ video where we'll focus on helping you get more clarity about what your Gremlin is saying, how it's affecting you, and what you want to name it to support your separation from it.

Legal Disclaimer: By reviewing and engaging in the I Am Not My Gremlin!(TM) Mental Health Initiative in any way and to any extent you are indicating you understand and agree that Dr. Easter Yassa is not providing you with therapy services and that engagement in any way in this or any other initiative of the World in Wonder, Integrity & Kindness non-profit organization does not imply a client or patient relationship in any way with Dr. Easter Yassa. You understand and agree that Dr. Easter Yassa and the non-profit World in Wonder, Integrity & Kindness cannot be held liable in any way for any damages that may result from the use, engagement in, or inability to use the content provided herein. You understand and agree that the information in the I Am Not My Gremlin!(TM) Mental Health Initiative is intended as general educational information only and is not intended to be a substitute for professional help, diagnosis or treatment. If you require additional personal information you are encouraged to seek individual services with a trained mental health professional. If you are in crisis or distress please contact the Mental Health Help Line at 1-877-303-2642 or Crisis Services Canada at 1-833-456-4566, visit www.distresscentre.com for online support, call 911, or go to your nearest emergency room. Please be advised that Dr. Easter Yassa is a Registered Psychologist licensed in the province of Alberta, Canada, and as such follows the College of Alberta Psychologists Standards of Practice and Practice Guidelines and that, depending on where you are located, Psychologists may have different Standards of Practice or Practice Guidelines they are required to follow.