

## I Am Not My Gremlin!™ Step 3 Video Transcript

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*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 3 Video: Figuring out what your Gremlin is made of

*The Short & Sweet: "See" it*

Welcome to our third video in the I Am Not My Gremlin!™ series.

Instead of asking what does it remind you of as we did in our last video and focusing on naming it, this is where we start to focus on what does your gremlin actually look like. This step is crucial to us getting ready for our next step of capturing your gremlin's likeness through art, but ultimately allows us to make our gremlin easier to engage with and challenge than when it's hiding in the recesses of our mind.

As I mentioned in the last video when I first was sensing into what my gremlin was, it reminded me most of a demon because of the way I experienced it taking over my body and mind. When I completed this step many years ago as I was struggling to get a handle on and shift my relationship with my gremlin I was shocked to discover what my gremlin looked like in my imagination. It was nothing I could have planned for. When I actually looked closely at it, it appeared to be a strange mix of humanoid-like alien, with some goblin and demon thrown in. It was a little more female than male, though both were present, the skin was chalky grey and waxy, the eyes red and searing, mocking and dismissive, the hands were claw-like, and the mouth was like that of a snake, with the teeth and tongue to match. And it was much larger than me when I first encountered it, though it's size has shrunk considerably over time. Not a very attractive character! Definitely swipe left!

So let's shift our attention to your gremlin, and figuring out what it looks like for you. We're going to start broad and work our way in to the details. I'll ask you a few questions to help you in this process of "seeing" what your gremlin is made of. And remember, at any time you can pause this video to reflect on any of these questions or play the video again if you need to.

The first thing I'd like to suggest is closing your eyes or focusing on a spot. Take a few deep settling breaths here and when you're ready I want you to summon your gremlin. For some this may be as straightforward as saying out loud or in your head the name you gave your gremlin. For others it may be helpful just to ask your gremlin to appear. Engraved invites are not necessary. Gremlins don't RSVP anyway and love to make an appearance anytime, invited or not. But if yours doesn't, don't despair! I've found that the best way to summon your gremlin when it's silent is to try telling it you no longer need it. They hate that, and will come running!

Now, I want to remind you again that there is no right or wrong answer here. There is no one way gremlins appear and yours can look completely unique to you, or may be similar to other gremlins. Again there's lots of room here, so let yourself be open to what your imagination generates that fits for you. And keep in mind that some of us are visual and may notice most what our gremlin looks like, while others of us may be more focused on the sounds generated by our gremlins. Some may notice most the texture associated with their gremlin, while others may zero in first or primarily on the smell. For our purposes, and since the majority of people tend to identify as visual and we're creating visual or written art in the next step, we're going to have slightly more emphasis on the visual components of identifying your gremlin and what it looks like. But you go with what feels like it's working for you because that's what will make this step useful for you.

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Once your gremlin arrives, slow down and take it in. It's okay to play here. Let's just be curious together. What do you notice first?

If you can see your gremlin, and you had to guess its size, what size would you guess it is? Does it appear big? The same size as you? Smaller? Pocket size? Or huge, oversized or enormous? Take a moment and notice what size your gremlin appears to be.

Again, if you can see your gremlin, what posture does it appear to be holding? Is it standing upright? Is it sitting? Crouching? Or flying? Does it even have a body? How is it holding itself? Take a moment here to feel this out for yourself.

Focusing now on sound, and the sound of your gremlin's voice, what does its sound like? Does it sound high pitched? Or low? Is its voice loud? Or quiet? Does it speak solely in words or in another sound, like a roar, or a snicker, or a scream? What's the tone and timber of its voice? Does its voice sound somber? Menacing? Or threatening? Sarcastic? Or Snide? Arrogant? Or haughty? Teasing? Something else? Does the voice have any particular gender? Does it sound female? Male? Gender neutral? Both genders? Does the voice sound like any particular age? Does it sound adult? Young? Elderly? Of no particular age?

Coming back again to if you can see your gremlin, does it appear to have any particular gender? Does it appear female-like? Male-like? Feminine? Masculine? Gender neutral? Or Both genders?

Coming now to texture, and the way the surface of your gremlin appears to look and feel to your touch, assuming you ever wanted to get close enough to touch it! Take a look at your gremlin's external surface, what kind of texture does it appear to have? Does it appear to be covered in skin, like you are? If yes, what colour is the skin? Is it marked in any way? Say with scars? Or tattoos? Or other markings? Or is your gremlin only made of bones? And if so, what kind of bones? Alternatively, does your gremlin have scales of some kind? Or feathers? Or hair? What about fur? If so, only in some places or all over? What colour is it? And is it thick, thin, or patchy? Sometimes gremlins appear to be made of mostly fabric. If that's your gremlin, what type of fabric is it made of? What does it feel like? And what colour is it? Is it covering all of your gremlin or just parts? Or is your gremlin ephemeral in some way? Transparent or translucent? Ghost or spirit like? What does that appear like to you? What does it feel like to be near it?

Coming back now to the visual, Does your gremlin have a face? If so, does it have eyes? If yes, what kind of eyes does it have? Big? Little? What shape are they? What colour? What about a nose? Does your gremlin have one? What does it look like? What size is it? Does your gremlin have a mouth of any kind? Given how chatty gremlins are chances are yes, but really look to see if that's true of yours. If it has a mouth of any kind, what does it look like? How big is it? What colour? Do you see teeth? A tongue? If so, what do they look like? Step back and take in the face as a whole, if your gremlin has one. What's the expression on your gremlin's face? Anger? Surprise? Shock? Or is it dismissal? Disgust Or indignation? Does your gremlin look sneering or calculating? What is your gremlin doing with their face?

Finally, there are some gremlins that emanate a smell. Does yours? What does it smell like? Does it smell like a specific perfume, or cologne? Or a certain food or drink? Does it smell like something enticing, all the better to draw you in with? Or does it smell repulsive or bad? Do you recoil from the smell or find yourself pulled toward it?

Sometimes when I do this work people will tell me that their gremlin lives in the darkness, and that it's hard to see. If that is the case for you, that's absolutely okay. You have some options here. Your first option is you can accept that your gremlin is the darkness, at least for now. And try to capture that darkness and describe it as clearly as you can for yourself.

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If you decide you'd like to try and see if you can pick up on your gremlin even in the dark, you can create in your imagination a flashlight and use it to shine into the darkness and see if you can illuminate your gremlin, either in whole or even in parts. Alternatively you can attempt to listen for the sounds it makes instead, and focus on that as a way to sense into it. If its surrounded by fog or cloud, see if you can crouch down or climb up to look under or over these obstructions in your view. If you still can't see it, it's okay to use your other senses to pick up information about your gremlin.

Now some of you might be saying at this point, "my gremlin doesn't look anything like any of those, it just looks like me!" If you're experiencing this, I want you to know I have a really deep compassion for you. It is really that much harder to think about separating from your gremlin when this voice feels like it's just always been you and who you are. If that's the case, what that tells me is your gremlin has done a really good job of convincing you that you and the gremlin are one and the same. But I wonder if you can zoom in. Yes, use those two fingers to expand your picture and get more close up details.

It's not unusual that I have conversations with my clients where they are insisting that their gremlin, their inner negative voice, is "just me" or "just who I am" or "just who I've been my whole life." If that's you right now and you're sitting there convinced that your gremlin is just you, I'd like to invite you to try a little experiment with me. Think of the things your gremlin is saying to you. Then think of somebody that you care about. Now imagine saying those things your gremlin is saying to you to that somebody that you care about. Most of the people I invite to try this experiment look at me in shock or horror, and say to me absolutely no way would they ever say those same things to anyone, let alone someone they cared about!

Now if you're still thinking that your gremlin is "just me" and "that's just how I talk to myself," then I am further intrigued and invite you to be curious with me. What you're telling me is that there is a part of you that can hold compassion and kindness and deep empathy for someone you love, but when it comes to you then this other voice or part shows up that doesn't have compassion, that is quite unkind or cruel. How do we reconcile this? What you're telling me is that the negative critical part, the Gremlin, is just "who I am," so how do you reconcile the fact that you have this other compassionate and kind part in you too? How do you make sense of that? How do you explain these two parts existing within you? Could it possibly be that there is more than just one part that makes up who you are? Who are you if you're not just the negative part?

If that's the case, if it's not just who you are, then I would encourage you to look really close at your gremlin - even if that image still happens to look like you - and look for the seams. Look for the things that tell you that this person is ever so slightly different than you. Even though it looks like you. Even though it appears like you. I'm not going to tell you that you have to change your gremlin image. I'm going to ask you instead to look for the small tells, the small things that tell you this one, this gremlin, isn't me. It's not the me that can be kind and compassionate to a being I care about. Whether it's a small expression on the face, whether it's a seam, maybe you see a zipper in the back. Whatever the case is, look for that small tell and that's going to be what helps you distinguish this from your real self. The self that is can be deeply kind, deeply compassionate.

Among my clients, at times their gremlins have been colossal and tentacled, thrashing storeys above ocean waves, or scaley and smug, taking up the whole room we were in. Some times they've been like a mirror image almost tricking us, except for the small details helping us to tell the difference. Other times they were hovering in the air above us more ethereal, dark and threatening. Or crouched down and watchful while they sneered. Or pint-sized and sitting imperiously with their feet dangling while they lectured. I have been truly privileged to be introduced to many gremlins. No matter how long they've existed, or how much pain these gremlins have caused, however, I have yet to encounter any as courageous as their hosts.

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By now you should have a clear sense of what your gremlin looks like, the name you want to call it, and how it makes you feel. Join me in the next video where I'll guide you through making your unique gremlin art to capture the likeness of your own gremlin

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