

## I Am Not My Gremlin!™ Step 4 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 4 Video: Making your unique Gremlin creation

*The Short & Sweet: Make it*

To help you get ready to engage with your Gremlin in a detached way, first you've got to get it out of your head. In video 3 we focused on developing the image in your mind of your gremlin. As a result of lots of practice our Gremlins move fast so trying to corner them in our heads for a chat is tough. If we've had a gremlin that's lived in our brain for a really long time, tracking it enough to slow it down and engage with it enough to separate from it is really tricky. They're shapeshifters and they move very quickly, and they move in the shadows of our unawareness. The more experience your gremlin has had running free and unchecked through the Badlands of your mind, the harder it is to catch them, and the harder it is to be able to create and hold the separateness so that you can engage with it. In this video we're going to explore helping you do that by actually capturing an image of this gremlin in some way shape or form.

First of all, right out of the gate, I want to again emphasize that there is no right or wrong way to reproduce your gremlin in your art. There's no one best way to capture it's likeness, no one best medium or tool. There is no one outcome that is supposed to be the way this is supposed to turn out. All that matters here is that this is a reflection of what you sense, and notice in your own head talking to you. That's all that matters here. And you are the only one to know if this reflects your inner experience accurately or not.

When I first began trying to capture outside of myself the gremlin that I saw in my mind's eye, I happened to begin with writing. It seemed easier at the time as I was already writing in my journal. Over time this evolved into trying to capture my gremlin via poetry. As my experience continued I found myself doodling in my journals alongside my writings to capture what I was "seeing" in my head. Finally during a particularly difficult period in my life it popped out visually, rendered in paint and marker and looking at it completely resonated with the way I felt inside when I felt it's presence. I felt a deep validation, a deep settling, and a deep compassion and empathy for myself.

Whatever you choose to create, in order for this step to be useful for you, I want your creation to have the same effect for you. Resonating with you. Validating you. Settling you inside. And opening up a window for self-compassion and empathy to enter. Regardless of whether you choose to anonymously submit your art to the online Gremlin art gallery for others to view or not.

So the first thing I'm going to invite you to do is to just let yourself look at the supplies list provided with this video. While you're looking at it, allow yourself to circle or put a mark next to the supplies you find yourself drawn to or interested in the most. If you're not a paint and canvas person, don't circle paint and canvas. But if your heart lifts when you see crochet, circle that. If you feel joy when you see pen, mark that. If you experience a leaning in of your energy in response to collage or photography, circle those. Any tool that when reading it doesn't enliven you in some way, ignore it and move on.

Once you've marked any tools or mediums that you felt yourself respond positively to in some way, your second step will be to decide which of those tools you want to get. Finances may come into play here for some, or availability, or accessibility. Again, there's no right or wrong here. If your gremlin is best captured in a flurry of multi-media, trust that. Lean in. If you feel better distilling the list down further, then eliminate tools and media based on least interest first.

Your next step will be to collect or obtain some of the tools you're drawn to. For some this will be going as far as your in-house art supply closet, bin or drawer. In other cases friends or family may be willing to lend or share supplies. For others, a visit to a store (in-person or online) to pick up supplies may be warranted.

In addition to your standard online retailers or local craft stores, some stores have a great selection of low priced art supplies, and second hand stores have a surprising collection of interesting objects that may be repurposed in all manner of ways. You may want to start by being curious and looking around your own home or room for what you may already have. You might be surprised by what you find that could work for you, including fabric, yarn, old magazines, or your cellphone camera. For the particularly ambitious among us, making your own supplies might have a pull, and there exist lots of recipes online for making various supplies at home from scratch, such as play-dough, papier mâché (paper mâché), coloured ice and unique sands.

Once you've gathered your supplies, your next step will be to find a window of time and a comfortable spot to settle in and create your gremlin art. This art does not have to be completed in one sitting, though you may choose to do it that way. But if you find yourself preferring to work in smaller time chunks, or if your life only lends itself to working in that way that's absolutely okay. You can keep a consistent spot in which you work, or you can shift spots with availability, accessibility or your mood. Again there is no one right way here, so go with what works for you.

Some of us may find that, on sitting to create, our gremlin is right there. Ready or even demanding to be seen or heard. Demanding to be captured in art, like Kate Winslet in The Titanic! But for others a little settling in ritual can be of great help here.

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Once you find your spot, wherever that is, pull up an empty chair or stool. It doesn't matter where you put it, just that you can see it. And then, as we did in video 3, summon your gremlin, either by calling its name, or requesting its presence, or for the more stubborn gremlins, by telling it you don't need it. And watch your gremlin make its presence known. If you're already feeling bad and your gremlin is currently active, the good news is you won't have to work as hard to find your gremlin because it's already found you!

Once you have the empty chair or stool in front of you, you may want to imagine your gremlin sitting (or standing, crouching, or floating) right in front of you, roughly where the empty chair is. If you can do this, this will come in particularly handy for our next video step of voicing your gremlin and challenging it, but for now we just want a visual place marker for our gremlin to assist us in focusing in on it.

Once your gremlin presents itself in some way, begin to try to capture what you are noticing.

Again, take your time. Allow the spirit of curiosity to join you. There's no right or wrong way to do this. Ask yourself if you can be curious about your gremlin, and then see what feels like it fits. Give yourself permission to play in whatever way that means for you.

Again, over the many years I've been doing this work with clients I'm always surprised by the gremlins they identify and share with me:

- Gollum from Lord of the Rings
- Godzilla
- A scolding primary school teacher
- The Great Gazoo from the original flintstones
- Smaug the dragon from Lord of the Rings
- GI Joe
- A relative
- Meryl Streep as Miranda Priestly in the Devil Wears Prada
- Ursula the wicked octopus witch from the little mermaid
- The dementors from Harry Potter

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And when my clients are invited to capture these images, I've encouraged them not to try to capture the image as it might exist for others, but for themselves only. Sometimes a few choice strokes have captured it. Sometimes a doodle. Sometimes a verse or two. Always we have continued until the end result matches the way they feel it inside. And that is what I want to invite you to do here.

If you think you might want to submit your art anonymously, once it's been created, to the online Gremlin gallery for other to view and engage with, and to support us in increasing and changing the dialogue around mental health challenges and reducing the stigma associated with mental health challenges, then you may want to visit the gallery submission page. If you'd just rather keep the end product to yourself you can certainly do that too. Either way, the positive ripples you may create from engaging in this initiative may be significant and felt in places and relationships you least expected. And in that way you are still helping to change our world.

In our next video, Steps 5 and 6, we're going to use your art to help you begin to give voice to what your gremlin is saying, and begin to challenge it so that you can more deeply know that you are not your Gremlin!

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