

# Draw Out Your Gremlin

## WORKSHEET



**BACKGROUND:** Acknowledging our gremlin—or inner critic—is a very powerful process. It brings greater awareness to the critical or judging element within us, and *that* 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 to stay safe by being 'good' and avoiding displeasing those who were crucial to your survival. But now while you have 'grown up' and moved on, your gremlin has not. It still bullies, judges and criticizes you to 'keep you safe'!

Your gremlin still views the world as an unsafe place, full of risks and potential mistakes you might make. But you're no longer a child. You have your *own* values, beliefs and ways of doing things—and can think, decide for and protect yourself. Let's meet your gremlin, critic or judge and see if we can loosen its grip!



**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 your mind.*
- *Our gremlin may well have characteristics from a parent or authority figure from our past.*
- *Stuck? Just pick up your pen and draw without thinking! You could also use your non-dominant hand to draw (so if you're left-handed use your right and vice-versa).*
- *Add speech bubbles for common critic phrases eg. "You should've known better" or "What are you playing at?"*

## Part 1: Draw your Gremlin or Inner Critic below

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Here are some images to help you visualize your Gremlin, Judge or Inner Critic:



### Part 2: Review your Gremlin or Inner Critic

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

#### *What you notice about your Gremlin Drawing*

For example: big arms to keep you in place, piercing eyes to spot mistakes or a critical frown so you feel inspected?

Key Gremlin Features

What might this feature represent?

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?

\_\_\_\_\_

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

\_\_\_\_\_

What is your Gremlin MOST afraid of? \_\_\_\_\_

\_\_\_\_\_

#### *Where your Gremlin comes from*

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

\_\_\_\_\_

\_\_\_\_\_

How relevant is this thinking today? \_\_\_\_\_

If your Gremlin resembled someone, or had a name, what would that be? \_\_\_\_\_

#### *Looking ahead*

Who would you be without this Gremlin? \_\_\_\_\_

How would your life change and improve if you worried less about what your gremlin thinks?

\_\_\_\_\_

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

**Action** \_\_\_\_\_ **by when** \_\_\_\_\_



## Wrap-up

I hope this fun worksheet helps you begin the work of taming—and building a relationship with—your gremlin or inner critic, so that you can enjoy your life and achieve more, with less stress and more joy!

## About Fierce Kindness.com

At Fierce Kindness we believe that courage and kindness is what we, and our world, need. We need courage to do the right thing, to go after what we *deeply* want and become all of who we are. And we need kindness, fierce kindness, to set boundaries, learn to love ALL of ourselves and BE in our world in a new and exciting way.

We plan to spread the word about the necessity of Fierce Kindness toward ourselves, others and our world through resources, stories, articles, inspiring and beautiful quotes and much more.

We want to change the world! But to change our world, we must start with ourselves. And so, here at Fierce Kindness, we love to help people get to know themselves deeply through worksheets and workbooks like this one!

“ Remember, you have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.

*Louise L. Hay*



**Our goal is that you can come to Fierce Kindness any time to:**

- Get inspiration and ideas for your life!
- Get tips and learn techniques to deeply connect with yourself & others.
- Get inspired to make a difference and help make the world a better place.



If you haven't already, we'd love you to [Sign up for our Fierce Kindness newsletter here >>](#)

**About the author:** Emma-Louise Elsey fell in love with personal development in 2003. She'd created a life that had everything she *thought* she wanted, but wasn't happy on the inside. Thinking it would help, she quit her successful career to become a life coach and moved to a new country - but she still struggled to be truly happy. Slowly she learned that self-kindness IS the answer to finding peace within - along with great courage. She realised we are ALL much braver and more capable than we realise, and believes that with Fierce Kindness, *everyone* can create a life and self they love. And she has dedicated herself to helping people do just that.

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*Emma-Louise*