



SABOTEUR DISCOVERY EXERCISE

Now that you have a general idea about what saboteurs or gremlins are, answer the following questions about your own special one (s). Please take 10 minutes or so to really give some thought to these answers.

What do they say? Close your eyes and take a minute to call up your saboteur chatter. Listen for phrases that start with “You never”, “you always” or “you better not”.

Write down what’s being said.

1

2

3

4

5

6

7

8

9

10

Write more....

What does it cost you to pay attention to this saboteur talk?

What's usually going on in your life when saboteurs show up?

Now read the next 2 paragraphs in preparation for a visualization you will do with your eyes closed.

VISUALIZATION: Close your eyes and see yourself in a large white room. It feels safe and is very open. Now you notice there is a telescope in front of you, step up and look through it. See your saboteur way over in the corner— a good safe distance from you. Adjust the focus until you can see your saboteur very clearly. Be as specific as you can with the following description.

What are they wearing? What is their hair like? Or their scales? What is the expression on their face? What color are they? How tall?

Now open your eyes and continue making notes starting with a full description of what you saw through the telescope.

What is your saboteur's name?

What else did you notice through the telescope?

Do a quick sketch of your saboteur. For *extra credit*, cut out some appropriate images and create a collage that evokes the spirit of your gremlin. Add the saboteur's name to the picture.

What do you want to say or do when you notice your saboteur showing up?
What is the most effective way to remove your saboteur from the conversation?
Brainstorm 4 ways you could shut up, remove or defuse your saboteur. (This is a great opportunity to let your imagination run wild. Have fun here. Remember my example of turning Rex into a flea.)

- 1.
- 2.
- 3.
- 4.

Saboteur management, kind of like lion taming, is a skill that can be learned with attention and repetition. Put a little energy into identifying this character and some creative efforts into developing techniques for pulling him/her aside when they get too loud. As often as possible, aim to live your life with your saboteurs on the sidelines. You will be happier, more confident, and likely more successful at whatever you turn your attention to.

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