

# The Gremlin Process

Notice the thought. Choose your next step.

A “gremlin” is a name for a thought, feeling or worry that can get in the way. It is something to notice, not who you are.

## 1 NAME THE GREMLIN



Which thought or feeling has been woken up? What is it saying? What might help it settle?

## 2 IRRITATION



Pause, move, play a song or choose a brief distraction. Pick a reset that fits your body and setting.

## 3 AWKWARDNESS



Name the uneasy feeling. If it feels safe, let it be there for a moment and remember: this feeling can pass.

## 4 RELATIONSHIP



Notice when you might blurt or skip steps. Use an agreed signal, then try: “I jumped ahead — can we go back?”

## 5 SOMETHING FEELS WRONG



Give yourself time. What do you know, and what are you guessing? Ask one curious question to gain clarity.

## 6 FEAR



When your mind says “I’m alone,” check what you need. Who could you contact? What has helped before?



PAUSE



NAME IT



ASK WHAT HELPS



CHOOSE + REVIEW

WHICH GREMLIN IS HERE?

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WHAT MIGHT I NEED?

\_\_\_\_\_

MY NEXT STEP?

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Use the option that feels safe and useful. Stop or change direction if a strategy increases distress. If the difficulty persists or feels unsafe, reach out to someone you trust or a suitable professional.