

*Ten Tips for Dealing
with
Self-Talk and Public-Speaking Gremlins*



1. Awareness If what you're saying to yourself (your self-talk) makes you feel bad, know that a "Gremlin---a distorted, mean inner voice---(not your true or wise self/voice) is dominating your thinking.
2. Your Judge Do not engage your Judge in an argument. Simply name this Gremlin voice and refuse to engage with it.
3. STOP! Say "STOP" to any kind of self-talk Gremlin that makes you feel small or inadequate. Purposefully focus on a different subject.
4. Consider "Is there any wisdom or safety caution in the self-talk I'm noticing?" If so, wisely, carefully take care of yourself. (Gremlins aren't interested in your welfare.)
5. Notice Are you consistently too hard on yourself? Is there any other younger 'voice' in you that agrees with the harsh judgment of a "Judge" Gremlin? Just notice and learn.
6. Shyness or Fear Are you afraid to speak in public or are you simply shy? If you're either one, write down what your Gremlins are saying to you.
7. Inner Audience What old faces make up your "inner audience?" (They are the original Gremlins.) Make a list. Then kick them out of your room!
8. Early Messages Write down anything that was said to you that made you feel bad, mad, or sad about expressing yourself. (These are early Gremlin messages.) Next to them, write what you'd rather hear.
9. Terrified If you are terrified to speak in public, know that there are important reasons why you feel this way. Instead of adding to any Gremlin remarks you hear in your head, write down 5 compassionate things you'd want some one else to say to you.
10. Know Sometimes it's too difficult to change your self-talk, to transform the energy of Gremlins, and to feel great about speaking in public *by yourself*. Find an expert *voice coach* or *self-talk coach* who can help you eliminate the influence of Gremlins in your life. You'll be glad you did!