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# A GIFT FROM THE SAN ANTONIO PROFESSIONAL COACHES

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*This month's technique*

## ***Using a Storytelling Technique to Facilitate the Moment of Choice***

***Offered by:***

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All of us have moments of doubt, worry and fear. These doubts, worries and fears, may be real, or they may be imagined. The point is, at the moment of self doubt, the moment when you hear that voice inside you talk you out of things that are all about the real you, you have left reality and checked into the fantasy world where the 'gremlin' in you reigns.

As these episodes occur, the real vibrant you is squelched by your inner critic—your gremlin. According to Richard D Carson, the author of: *Taming Your Gremlin: A Guide to Enjoying Yourself*:

*"Your gremlin loves the idea of having you lead your life based on assumptions. The world of make believe is the gremlin's turf. Sometimes simply taking the time to accurately phrase your processes as you notice them will send the gremlin running and bring you from fantasy into reality and hence to the all important moment of choice."*

### **Recording the moment**

Acknowledging a doubting thought or worrying out loud allows you to examine the process and make a choice about how you will respond. This allows you the choice of the next action in your story.

Think about it. When you are telling a story you are aware of things from an observers level. You step outside your self and discover things that you did not know while you were in the action of the story. Carson promotes the concept of talking your 'gremlin out' by using this technique:

**Example:** If you feel your boss might reject an idea that you really want to share with him, you might say to yourself: "I am **imagining** my boss will reject my idea." It is important to use the word **imagine**, for what you are after is a heightened awareness of the process whereby your gremlin is frightening you.

*Continue the exercise by filling in the following statements:*

If I \_\_\_\_\_ (#1 describe action you are afraid to take)

I IMAGINE that \_\_\_\_\_ (#2 describe the consequence/s you perceive will happen)

If \_\_\_\_\_ (insert response from #2)

I IMAGINE that \_\_\_\_\_ (#3 describe another consequence)

If \_\_\_\_\_ (insert response from #3)

I IMAGINE that \_\_\_\_\_ (#4 describe another consequence)

You can carry this exercise as far as you like. Play with the outrageous to simply notice that your 'gremlin—your inner critic' is chasing away the real you!

*Use the storytellers' questioning technique to discover what the real you has to offer by asking yourself:*

- ◆ What did I discover about emphasizing the word **IMAGINE**?
- ◆ What did I discover about the element of absurdity?
- ◆ What did I discover about my fears? Where were my fears created? In the past? The present? The future?

Re-write your story by introducing your awareness of "*moment of choice*" out loud. Practice saying to your boss:

*"I have an idea I would like to share with you. When and how would be the best way of doing that?"  
Or "I have an idea I would like to share with you, and I am not sure how open you would be to my suggestion. Would you like to hear my suggestion?"*

Take some time to discover the choices you have in the moment, by allowing the real you to create a story line that you would like to live out to its fullest.



**San Antonio Professional Coaches Association**