



Are you feeling lonely, angry or confused in your **Relationship?**

Release your **Inner Gremlin** which is giving you **Anxiety** in your relationship with your other half

Work with me to find your inner strength, clear coping strategies and a positive mind-set

TRUST you are finding a happy way forward together

Follow these 12 steps to a happier relationship

Step 1. What are you going to call the main emotion you are struggling with - it's your emotion 'gremlin'
Be real with how you feel

Would you like to simply sit with this gremlin?
Maybe it's not a gremlin but a small animal who would love to sit on your lap?

What is this emotion showing you about your inner needs and desires?
Allow yourself to cry and let the bear roar!

This gremlin is a small part of you which has been pushed down for yonks and just wants to be listened to at last - knowing it is safe and that you will not judge it

What have you realised about this gremlin as you let it out and take a real look at it?

Can you possibly express this gremlin? After all you are safe here aren't you?

Go to a safe place away from everyone

Step 2. The Gremlin Write down what the gremlin is telling you about your feelings and desires eg I feel angry about... I don't like it when ... happens, What I really want is ...



Is there a part of your childhood where you think this weak and unhappy gremlin may have come from?



Can you remember anyone saying something to you which has lurked within you ever since? Don't know why it affected you it just did. *There's no blame*



Are you ready to change this message?



How does this inner message relate to your life now? How is this message making you REACT within your relationship?



Write down below the inner message which you heard. NOTE: this is probably not a logical message yet it ended up being a strong message

Step 3. Your positive message
Here are some clues telling
you how to create the best
positive message
for you

It's always in the present
...I choose I know... I trust

Decide what the
important words are...
Safe...loved...as I am...
valued.....flow.....strong...

Become your own hero
Feel strong rather than
pushed around
Know what is right for you

A positive message has a
real effect on our body and
our mind.

Cut down on the adrenaline spikes
Calm the immune system
Soothe your nerve responses
Slow down release of stimulating
hormones

Is this positive message
REALLY what you are calling in
now? Repeat it 10 times out loud
to yourself to check this out and
keep tweaking it
until it's right

How does this help me?

This positive message
replaces the negative
message from the gremlin

*when you are saying this
positive message the
mind cannot be thinking
anything negative*

Step 4. Now you know what the inner emotion gremlin is you can identify what you are looking for in this relationship - what exactly is your ideal outcome in order to increase your self esteem?

Step 5. Find the best way for you to relax and be in your body rather than your head = mindfulness/massage/ listen to music/the sense of touch/lovely smells/nature

Step 8. *Be clear and express what you have found out to the other person. It is important that you trust both you and them at this stage*

Step 6. Create for yourself a safe place you can trust; both in your home and in your imagination. Go there regularly. Use your positive affirmation as often as you can

Step 7. Identify your values and realise where they are being compromised - and where in your past this compromise may have become an unsupportive automatic habit.

Trust your values; they don't need to be the same as those around you. They make you an individual

Step 9. Listen to what the other person is saying to you - and NOT what you think they are saying to you. Tell them how their words affect you and ask how a compromise can be reached



Step 10. Go back to the steps above and reassess where you are and what you have learnt about yourself and other people. Keep being honest and trust the process



Can you promise yourself that you will keep repeating these 12 steps?

What would it take to keep your promises to yourself?

Step 11. As your clarity, honesty and trust are expressed the issues slowly unwind and it's important that you trust the process and don't revert back and think it's not working - it will be if you follow these steps

Step 12. Hold and keep to what you have learnt about you and the other person. Know you are worth being honoured, cared for and understood



This is just a small beginning - which may grow further with nurturing and a caring guide moving you forward

Over 28 years I have found out what works for me during my work with many people

Why is Fran different from the rest of those life coaches out there? What are her motives?

Can you say that you have found what has worked for you?

“It’s simply my work to help people to become more the person they TRULY ARE”

She’s different because she allows you to listen to the body as well as the mind using massage and the soothing sense of touch; the gremlin has nowhere to go when we work at both cliff faces

You are in safe professional hands
If you live near Malvern, Worcester, Ross-on-Wye or Hereford visit me or I visit to you

If not let’s Skype and I will send you a luxurious Aromatherapy blend to use at home

Read about how I have helped people:

http://coachingforwellbeing.co.uk/index.php?option=com_content&view=article&id=12



Review - what
have you
learnt and
what you wish
to create now

Step 1 Coaching -
clear coping
strategies and
positive mind-set

*Can you say that
you have found
what works for
you?*

Mindfulness -
bringing you
back to inner
stillness

Massage - find
the places
which store
your tension

Aromatherapy
helping you to
relax better



Call Fran now for your **FREE 30 minute chat: 07974 400575**

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