

The following was written by Ben Dooley, PCC, on a coaches forum, August 30, 2011

### When the Saboteur returns ...

The first thing that pops up for me is that old insidious resistor to change... the Gremlin, saboteur, critic, whatever you want to name it. Sometimes I see it like that villain in those old movies. You know, at the end of the movie the hero wins, everyone's happy, the town is full of joy and celebration and the darkness has lifted. The birds are singing, the sun is shining, there's music and rainbows everywhere, and little girls are running around in pink taffeta dresses blowing bubbles. All is well and wonderful.

And then we see in the sequel that the nefarious villain has simply laid low for awhile, in his lair beneath the surface (a metaphor perhaps?). He has been bested by our hero, beaten... but not defeated and eradicated... only to hide in the shadows and wait patiently for his time to rise again and regain his power and control. Which he does, with an even more devious and deadly plan to take over the world.

Sound familiar?

Yeah, we seem to deal with that all the time. We're struggling with some limited belief, action, fear, etc. And then we discover something new and we shift and change. Our awareness has deepened, we've claimed our power of choice, we're listening to our values and our hearts, we're clear about that old trap we used to be stuck in and are pretty sure that we won't ever go back there. All is wonderful.

And yet, sometimes that old fear never really goes away. There's that habit that continues to linger (cause we are creatures of habit aren't we?) and when we drop our forward and empowered attention for even a small moment, that gremlin, saboteur, critic, etc, can spot the opening to slip back in, through our newly built fortress, and begin working from the inside again.

Dag!!!

Does this mean that all that wonderful work is worthless? Does it mean that we're back to square one and we have to start all over? Of course not. It just means that the evil and nefarious Dr. Stinkypants has returned with an even bigger plan to take over.

That happens. When you figure out his plan and get the best of him (through coaching and empowerment and choice and new habits and all that self discovery jazz) he'll back away (and then it all seems so easy, right?) but then later he will come back ready to play an even trickier game. He ups the stakes.

So we just go back through the same work that we've done before (but it's typically easier this time because we already have knowledge of the process and our own powerful insights and discoveries, now we just deepen and discover a little more.) Most often what's needed is just shining a new light. Deepening the awareness. Play an even bigger game against Mr. Sulphersnot. Up the stakes the other way.

What would our hero do in the sequel? Give up? Nosireebob. She would figure out the Evil Lazybutt's plans and come back even stronger.

And of course, this is an ongoing series. So you know that King Sewagebreath is only gone temporarily. You can almost hear the cry, "You've won this round Awesome Client and Amazing Wonder Coach!!! But I'll be back!! You just wait and see."

So let him. And this time, you'll be ready.

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