

YOUR BRAIN

is being an

AHOLE**

Let's fix that

**Rewire Your Inner Voice & Stop
Beating Yourself Up**

The Workbook

YOUR BRAIN IS BEING
AN A**HOLE

– LET'S FIX THAT

THE WORKBOOK

WELCOME

Let's be real—if your best friend talked to you the way your inner voice does, you'd have blocked her years ago. But here you are, letting that mean girl in your head run the show. Time to take back the mic and rewrite the script.

This workbook isn't about forcing positive thinking or slapping affirmations on top of deep wounds. It's about reconnecting with yourself, recognizing the parts of you that carry pain, and gently shifting the way you speak to yourself from a place of understanding, not judgment.

By choosing to do this work, you're making a powerful commitment—not just to changing your thoughts, but to healing the wounds that make certain words stick. You're saying, 'I see myself. I am worthy of compassion. I am open to growth.' That's where real transformation happens.

Through a mix of guided reflections, exercises, and mindset shifts, you'll start to notice what's driving your self-talk, release the emotional weight behind it, and rewrite your inner dialogue in a way that actually feels believable.

Take your time. Be honest. And above all, be gentle with yourself—this is about connection, not perfection.

ABOUT ME



Hi, I'm Kelly McCooeye!

If there's one thing I know for sure, it's that the way we talk to ourselves matters—but changing that dialogue isn't just about flipping negative thoughts into positive ones. It's about understanding why certain words hurt, where those wounds come from, and how we can heal them.

I created this workbook because I've been there. I know what it's like to feel weighed down by self-doubt, to have an inner critic that never shuts up, and to wonder if you'll ever truly feel free from the noise in your head.

This process isn't about forcing yourself to be more positive—it's about reconnecting with yourself, shifting what feels true, and creating a self-talk practice that actually supports you.

So take a breath. Take your time. And know that you're not doing this alone—I'm right here with you, guiding you through every step.

Kelly



Your Brain is Being an A**hole—Let's Fix That

BEFORE WE BEGIN: A QUICK CHECK-IN

Ever feel like your brain is running on auto-pilot, throwing shade at you before you even realize it? Yeah. Same.

Before we dive into shifting your self-talk, let's hit pause. Take a deep breath. No, seriously—right now. Inhale for four seconds... hold for four... exhale for four.

Feel that? That's you making space for yourself.

This isn't just about reading another workbook—it's about actually shifting the way you treat yourself. And that starts with paying attention.

So, let's check in. Grab a pen and take a moment to answer these:

1 How are you feeling right now?

(Be honest. No judgment. Tired? Anxious? Kinda "meh"? Write it down.)

2 What's one thing your inner voice has been saying to you lately?

(If your thoughts had subtitles, what would they say?)

3 If you could talk to yourself with more kindness today, what would you say?

(Imagine you're talking to a friend—what would you tell her?)

Why this matters:

This isn't about "fixing" yourself. It's about noticing. Awareness is the first step to shifting your inner dialogue. By the time you finish this workbook, that voice in your head will sound a whole lot more like a coach and a whole lot less like a critic.

Now, let's get started.

Your Brain is Being an A**hole—Let's Fix That

YOUR BRAIN IS BEING AN A**HOLE - LET'S FIX THAT

1. BECOME THE WATCHER

Notice the thoughts and emotions going through your mind. Become aware of them.

EXAMPLES

THAT WAS SO STUPID OF ME



NEGATIVE



POSITIVE

I'M NEVER GOING TO GET THIS
RIGHT



NEGATIVE



POSITIVE



NEGATIVE



POSITIVE



NEGATIVE



POSITIVE



NEGATIVE



POSITIVE



NEGATIVE



POSITIVE



NEGATIVE



POSITIVE



NEGATIVE



POSITIVE

YOUR BRAIN IS BEING AN A**HOLE - LET'S FIX THAT

1. IDENTIFY AND LABEL

Start by noticing the way you talk to yourself—especially the thoughts that feel heavy, harsh, or critical. When you catch yourself in negative self-talk, don't judge it. Just label it: 'Oh, that's a negative thought.' Awareness is the first step to shifting the conversation.

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2. GET CURIOUS ABOUT THE THOUGHT

Once you've noticed and labeled your negative self-talk, pause and get curious. Instead of fighting the thought, ask yourself: Why does this feel true? What emotion is attached to it? Where did I first learn to think this way? The goal isn't to argue with yourself—it's to understand where the thought is coming from so you can begin to shift it.

EXAMPLES

THAT WAS SO STUPID OF ME

How does it feel when I say that? Why do I believe that?

I'M NEVER GOING TO GET THIS
RIGHT

If I could learn to walk when I'd never
done it before, I can learn to do this,
too!

YOUR BRAIN IS BEING AN A**HOLE - LET'S FIX THAT

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YOUR BRAIN IS BEING AN A**HOLE - LET'S FIX THAT

3. REPLACE THE THOUGHT

Once you have challenged the thought, replace it with a more neutral thought. Don't try to make it a really positive thought. You probably wouldn't believe it, and that will just confirm the negative thought. Neutral is better. Baby steps.

EXAMPLES

THAT WAS SO STUPID OF ME

I made a mistake, but a mistake doesn't
define who I am.

I'M SO UGLY!

I am. I am me. And that's okay.

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YOUR BRAIN IS BEING AN A**HOLE LET'S FIX THAT WORKBOOK

CONGRATULATIONS!

You did it. You've started rewriting the way you speak to yourself—and that's huge. You're not just thinking differently; you're showing up for yourself in a way that actually matters.

Now, let's make sure this sticks: What's ONE thing from this workbook you want to practice this week?

Write it down. Set a reminder. Tell a friend. Let this be the start of a revolution in the way you treat yourself.

If you want extra support, let's chat! click here [👉](#) to book an [Alignment Call](#).



MEET THE COACH

Kelly McCooeye
(Certified Life Coach)

[MORE ABOUT KELLY HERE](#)

CONTACT



I'd love to hear from you. Please drop into my Instagram or Facebook and let me know how this workbook was helpful. If you have questions or you need more in-depth help, please don't hesitate to reach out!

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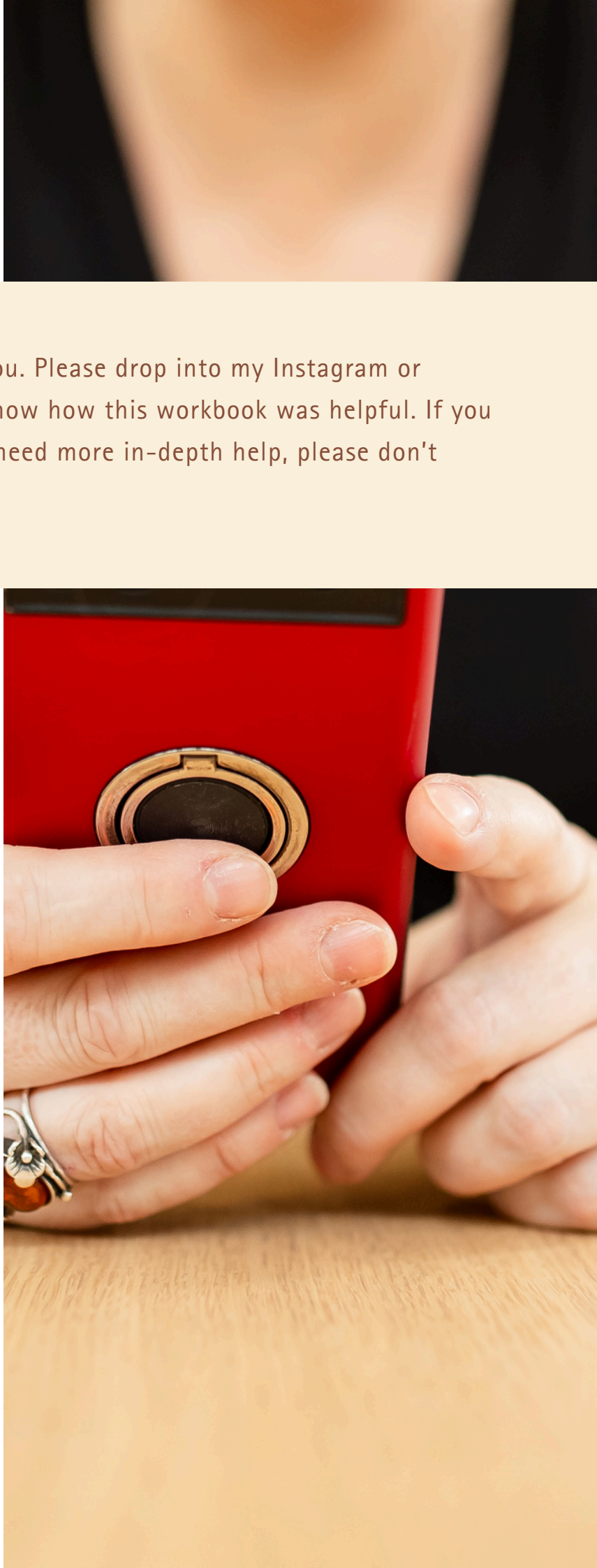
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One of the most powerful things
you can ever say to someone is,
"I see you."

One of the powerful things you
can do for yourself is to see
yourself. Really see you.





LET'S TURN UP THE JOY IN YOUR LIFE!

DISCOVER THAT BEAUTIFUL, LAUGH-OUT-LOUD,
KINDA WEIRD, DOING-IT-NOW, BIG-DREAMING,
PURPOSE-DRIVEN YOU.

IT'S TIME TO SPEND SOME TIME WITH THAT
YOU.

[READ MORE](#)

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