



# Gently hushing your inner asshole

Quieting self-doubt with love and compassion

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The voice that lives in all our heads is what Jen Pastiloff, author of *On Being Human*, calls your inner asshole. It's the voice of our harshest critic (surprise! It's us. We are our own harshest critics.), the words that surely other people are thinking about us. Here's some guidance to hush her.

## 1. Get Ready

Give yourself time and space to manage this difficult process. Schedule your healing session for an uncluttered and quiet time. Gather a pen and paper and something to drink. Make sure your biological needs are met: eat, use the bathroom, and change into soft and comfortable clothing. Use a guided meditation, if you like, to enter and ground yourself, or simply slow your breathing and sink into awareness. Go slowly and allow yourself breaks as you need them.

## 2. Listen to her

Think about whatever you're afraid of. Write that down first, then list all the negative thoughts that come up. Write each one on a separate line and leave space underneath them. You may find they come to you as "I" statements: I'm no good with money, or I've never done brain surgery before. They may be "you" statements: Who the hell do you think you are? And they may just look like a bullet list of grievances. Don't censor or format your thoughts; just let them flow from your brain to your pen and out onto the paper.

## 3. Reframe

Reread each statement one at a time, and then restate it in a positive way. Think about how you would encourage a friend or gently refute negative self-talk for them and use that as a guide. For instance, a statement like:

I'll never be able to juggle this new business on top of all my responsibilities  
Could become:

I am an incredible manager of time, money, people, and energy.

## 4. Send her gently on her way.

When you've reread all your affirmations aloud, go back and give those inner asshole thoughts one more read-through. Read them as though your dear friend were having doubts and feeling uncertain, and they came to you for reassurance. Invoke Ho'oponopono, the Hawai'ian prayer of self-forgiveness. Say these words to your inner asshole:

I'm sorry.      I forgive you.      Thank you.      I love you.

*Thank you.*

*Thank you for keeping me safe all these years.*

*Thank you for safeguarding my confidence and my heart.*

*Thank you for protecting me.*

*I got this.*

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## Writing prompts

I'm afraid of:

My inner asshole tells me this:

My new belief is:

My inner asshole tells me this:

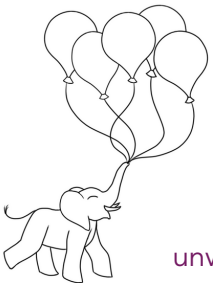
My new belief is:

My inner asshole tells me this:

My new belief is:

My inner asshole tells me this:

My new belief is:





# Love notes to your inner asshole

Bonus writing prompt

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Now that we've reframed, let's add another tool to our kit:  
thank-you notes and love notes.

## 1. Write your notes

Pick the criticism that resonated most deeply with you--the one that you really, truly believe. Hold it in your mind, along with your reframe. Write all or parts of a thank-you message above on six pieces of paper:

Thank you.

Thank you for keeping me safe all these years.

Thank you for safeguarding my confidence and my heart.

Thank you for protecting me.

## 2. Look at some daily

Stick three of them where you'll see them often: on your bedside table or bathroom mirror or on your computer monitor. Make them obvious so you won't ignore them. When you see them, take a deep breath, place your hand on your heart, and read them aloud to yourself and your protective inner asshole.

## 3. Stash some for Future You

Take the other three and tuck them in various places: a coat pocket, inside a journal, under your pillow, in your car. When you come across them, take a moment to hold that sentiment in your heart. Thank your inner asshole for all her work. Then tell her, once again: I got this, and send her gently on her way.

## 4. Keep sending love and reassurance

This process isn't an easy one, nor is it a one-time deal. You've got to practice radical self-love. Building confidence is like building muscle; you gotta work out to stay fit. Consider this process your workout, and you'll be strong as hell in no time. Best of all, this is a process you can model and teach to your friends, your family, and the next generation. Sending big love to you and your inner asshole.



*Katie*

# Love notes and thanks

This section is a large rectangular area defined by a dotted line border. In the bottom-left corner of this area, there is a line-art illustration of an elephant holding a bunch of balloons. The rest of the area is blank, intended for writing.This section is a second large rectangular area, identical in layout to the one above. It is also defined by a dotted line border and features a line-art illustration of an elephant holding balloons in the bottom-left corner. The rest of the area is blank for writing.

# Love notes and thanks



A large rectangular area defined by a dotted line, intended for writing a note. In the bottom-left corner of this area, there is a line-art illustration of an elephant holding a bunch of balloons. A second, identical illustration is located in the bottom-right corner of the dotted area.

A second large rectangular area defined by a dotted line, identical to the one above. It also contains line-art illustrations of an elephant holding balloons in the bottom-left and bottom-right corners.