

240. Climbing Out of the Hole of Porn and Choosing a New Path with Kat



Full Episode Transcript

With Your Host

Sara Brewer

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You are listening to the *Overcome Pornography for Good* podcast episode 240.

Welcome to the *Overcome Pornography For Good* podcast where we take a research-based, trauma-informed, and results-focused approach to quitting porn. This approach has been revolutionary and changed thousands and thousands of lives. I'm your host, Sara Brewer.

Kat Jenkins: I'm Kat Jenkins, a coach here in the program, Overcome Pornography for Good, and I'm really excited to be talking to you guys today. It's going to be a little short and a little sweet, but I really think it's going to be impactful. I'm going to start by reading a poem by Portia Nelson. Maybe you've heard it. It's called "There's a Hole in My Sidewalk." And so I'm going to read this and I want you to be thinking about, where am I on my journey? Which one of these do I fall into?

This is how it goes. "I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost. I am helpless. It isn't my fault. It takes forever to find a way out.

I walk down the same street. There's a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I am in the same place. But it isn't my fault. It still takes me a long time to get out.

I walk down the same street. There's a deep hole in the sidewalk. I see it is there. I still fall in. It's a habit. But my eyes are open. I know where I am. It is my fault. I get out immediately.

I walk down the same street. There is a deep hole in the sidewalk. I walk around it. I walk down another street."

I heard this poem the other day, and I thought of you guys because I think that this is the path that most of us have to take as we're getting out of the sidewalk hole. The deep hole in the sidewalk is porn, right? This is what we are trying to dig ourselves out of, this hole. And so, where are you on your journey? Where are you based on what I shared here? Are you falling in

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the hole, thinking that you're helpless and you're lost and it's not your fault? Because if you are, it takes forever to get out of it. It feels like we're there. It feels like we're stuck.

Or maybe you're pretending you don't see it. You know that it's there, but you pretend you don't see it. And that's probably none of you here, right? Because you see it. I know that you see it because that's why you're here listening to this podcast.

So, there's a good chance you're in the category of walking down the street, there's a deep hole, you see it, you still fall in because it's a habit. It's what I'm doing. But your eyes are starting to become open. You know where you're at. It is your fault. And once you know it's your fault, you can see and you're aware of your surroundings and what's happening. You can see the habit, you can see the hole. You know that's why you're there. You know that's why you fell in. That's when you can start to get out immediately. Okay?

So, if this is where you're at, we just move on to that next phase, at some point, is where you walk down the street, there's a deep hole, and you learn to walk around it. And that's the path that you're on, just learning and growing and figuring this out for you. How do I walk around this hole? How do I continue to get out immediately? Because the more aware I am of the hole that's there, the less likely I'm going to walk down that street. And if I start walking down it, I can see it. And I go to a different street. I don't fall in anymore.

Okay. Literally, that is the podcast for today. Hopefully, this helps you. Hopefully, this helps you see where you're at and to get out of the hole so you don't stay there because it doesn't need to be a place that you live in forever. It doesn't have to take long to get out. It just takes a willingness to see your responsibility in it, to be aware of what's going on, to see the habit as it takes shape and as it forms, and start to move to different streets every once in a while. Sometimes we might still walk down that street and fall in the hole, right? Because it's a habit. But as we start to break that, we

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start walking down other streets, we start seeing different things, and our eyes become open to the beauty of the world that is around us. And that is my hope for you.

So, if you guys have any questions about this, if you want to talk more about it, you know where to find us. Come into the program if you're not there and share with us. We'd love to chat more about all of this with you. Thanks, you guys, for being here. Have a good day.

I want to invite you to come and listen to my free class, How To Overcome Pornography For Good Without Using Willpower. We talk about how to stop giving in to urges without pure willpower or relying on phone filters so that you can actually stop wanting pornography.

We talk about how to stop giving up after a few weeks or months. And spoiler alert, the answer isn't "have more willpower." Lastly, we talk about how to make a life without porn easily sustainable and permanent. If you're trying to quit porn, this class is a game changer.

You can go and sign up at SaraBrewer.com/masterclass, and it is totally free.