

244. Healing the Self-Judgmental Voice 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 244.

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: Hello, everyone. Welcome to the podcast today. I'm Kat Jenkins, a coach in the program, and I'm so excited to be talking to you today about healing the self-judgmental voice. I know a lot of people, especially in this area, overcoming pornography, might hold on to a lot of anger, a lot of disappointment, a lot of resentment, and it comes in the form of self-judgment. We use that voice all the time, that critical voice in the back of our head, is constantly going. And every time you judge yourself, you weaken yourself.

So, holding on to the anger, the disappointment, the resentment, I'm only using those three, but there's so many other feelings that come from this. We typically have those feelings, and then we judge ourselves. Or you might judge yourself and then feel all of those things, maybe some anger that you've been critical of yourself, that you have been judging yourself. You might feel disappointed or resentment.

So, it's this vicious cycle. It's this hamster wheel that we get on, so to speak, right? And it's very similar to the shame cycle that we get in. And typically, shame might come from this self-critical, judgmental voice. And so, we want to start to heal that because it doesn't feel good, right? And the opposite of judgment is forgiveness. And forgiveness is an essential key to healing, to healing that self-judgmental voice.

There are lots of studies that have been out there about what forgiveness can do for us. It can decrease our anxiety and depression. It helps with our stress response. A lot of what we talk about here in the program, right? Like those feelings that come up, and being able to handle those with our

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stress response. So, anything that can boost that is key. We want to move towards those things. It increases your overall well-being. It helps strengthen your immune system. It helps you sleep better. It's a beautiful way to help you cultivate hope and self-confidence.

So, forgiveness is the key. This is the thing that we want to move towards. So let's talk a little bit about how forgiveness is going to help us heal that self-judgmental voice. And first, we need to understand a few things. We are a conduit of energy. And if your conduit is in good working order, the energy can flow freely, right? So, remember that our judgments are the opposite of forgiveness. And so when you judge, when you judge yourself, when your self-judgmental voice comes up, it constricts your conduit. It closes it down.

So, what you've done as you've judged yourself is just made the walls of your conduit smaller. Just like the buildup of gunk in your pipes at home, the flow of your energy becomes less and less as you judge, okay? So the energy gets all gunked up, and the flow has nowhere to go. Just like if you put all this stuff down your sink pipes and now nothing can get through, that's exactly what this is like. And you might kind of recognize this when you start to feel stuck or when you feel stagnant, when you feel like you're not moving anywhere, when it feels like things are heavy and there's just like you're kind of trying to get through mud. It makes so much sense because your conduit of energy is gunked up, okay?

So, you've literally put all sorts of stuff within that conduit by judging yourself and making it so that things cannot flow. Okay? Judgment also, it affects you at a cellular level. When we judge, it causes your cellular structure to break down. When you judge, the cells in your body go crazy. Their energy vibrates in a completely dissonant way, and there's contraction. The fluids don't move through your cells, nutrients will not be transported or delivered to those cells that need them. The waste matter isn't properly processed. Everything in your body gets clogged up. And if you could really see this, if you could see what happens inside your body, I

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would hope you would never want to judge yourself again because it just creates so much dis-ease. And I don't want that for you.

Okay, so hopefully I've started to make this case for why you will hopefully stop judging yourself. Because if this is you, someone who's been in a lot of self-judgment, someone whose critical voice comes up a lot, especially around porn, and you've been holding on to all that anger and disappointment and resentment, don't fret, okay? Because I've already given you the key. It's forgiveness.

So, we're going to start working on forgiving ourselves. Forgiveness allows for that conduit of energy to get cleaned up. It opens you up to spaciousness because the opposite of contraction is expansion. The opposite of judgment is forgiveness, right? We can start to open up and expand because that's what forgiveness does. It expands us. It makes space. It makes space for us to feel hopefully peace and trust and faith and relaxation, just to name a few of the things that could come as we start to open up our space. As our conduit of energy becomes clean and we can start to see more clearly through the spaces because now there's more space for us to see. Isn't that exciting? It's going to dissolve all your gunky pipes.

You're going to be amazed at what might come as a result of the expansion that forgiveness can bring. Because now there's room for something else. When we're stuck in judgment, there's just not room for anything else to come. And you get to now create space for it, whatever it is. Whatever needs to come can come when there's more space. And that's what forgiveness does. It creates that space for us.

Now, it doesn't matter what anyone else thinks. It matters what you think. It matters how you talk to yourself, and the way you talk to yourself, and the things that you say to yourself. It matters so much. So, make sure we're not talking with the judgmental voice to ourselves. Make sure we're offering ourselves forgiveness and love in our mistakes, in our slip-ups, in whatever

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happens, that we're offering ourselves that space so that our energy can flow, that we can have room and expansiveness for other things.

Now I'm going to ask you to become really selfish. So selfish, in fact, that you will not tolerate judgment of yourself, that it has no space within you. Because what it does is it just takes up all the space that was there. And we don't want that. I want you to protect that conduit of energy that is you, so that it stays clean, so that it stays expansive, so that it stays spacious, so that it has room for other things to come in.

And lastly, anytime you've been in judgment of yourself, it doesn't matter if it was yesterday, if it was 5 years ago, if it was 20 years ago. It doesn't matter if it was happening while you were listening to this podcast. You started to feel some self-judgmental, negative, critical voice come in. You can undo that now. You can undo that today, simply by making the choice to forgive, to forgive yourself, and talk in ways that are expansive, that are spacious, that give room to something else, so that you're not stuck in that conduit of gunked-up energy. We want it to move. We want it to flow freely. Because the more it flows, the cleaner it will be. And again, that's exciting.

So, this is my hope for you. If you need anything, if you have questions or you want help, that's what we're here for, and that's what I love to do. So if you need anything, come reach out. We'd love to help you. Thanks for listening today. I'll see you guys next time. Bye.

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.

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