

## 245. Be The Observer: You Are Not Your Thoughts



### Full Episode Transcript

With Your Host

**Sara Brewer**

## 245. Be The Observer: You Are Not Your Thoughts

Hey everyone, welcome to Overcome Pornography for Good. In today's episode, I'm revisiting a topic that I believe will offer you so many insights, some amazing takeaways, no matter where you are in your journey. I hope you find it as impactful as when it first aired. It's always an amazing thing to revisit some of these topics that we need to hear multiple times. Or if you haven't heard it before, I'm excited for you to hear this. So, welcome and let's dive in.

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.

Okay, so a few thoughts today on this concept that you are not your thoughts. You are not your thoughts. Now, what a beautiful realization that is because our brains, boy, do they just like to run and run and run and run. And they are programmed to be negative. Like our brains are not necessarily programmed to think positively or to even think in ways that are in our highest interest. Our brain is programmed to keep us safe and to keep us from doing the least amount of effort as possible.

One thing I noticed about my brain, too, I had a moment the other night where I was just laying down and all of a sudden, like my brain just comes up with the scariest stuff. Like I hear a noise and all of a sudden my brain's like, there's a murderer in your house and he's going to cut your head off, like something so crazy. And it just goes really extreme, like zero to a thousand really quickly.

And I had this moment where I just, instead of getting mad at my brain, I mean, like, why do you always do this? Why do you always just have to go the most extreme, make it the worst possible scenario? All it was was the dryer. It was just the dryer. Why are you bringing this out?

I just kind of giggled with it. And I said, you know what? Good job, brain. You're just, you're trying so hard just to come up with the most intense, scary thing, and you're doing a really good job at it. And I had this moment,

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almost, where I was laughing with my brain, teasing it a little bit. Good job. You're just, you're really following through on that job description of making sure I'm aware of the most horrible possible thing that could happen in any given moment.

It released some of the pressure and frustration, and fear around it. This is what can happen when we start to be the observer of our brains instead of being our brains, right? We can be our brains and be our thoughts, or we can be the observer of our brains and be the observer of our thoughts.

I almost titled this podcast episode, be the boss of your thoughts. Like, be in charge of your thoughts, be the boss of your thoughts. But I was pretty immediately like, oh, like, no, that feels yucky because the reality is our thoughts don't need to be bossed around and we can't always just control them.

When I wanted to use that title, initially, what I was thinking was let's be careful not to just default to our thoughts and just believe everything our thoughts tell us. So many people go about in life just defaulting to whatever thoughts it is that they have that come up at any given moment. They're not questioning their thoughts.

You know, your brain tells you this, and so it is. I'm really cringy and so it is, right? I'm really not good at this, and I'm fat and I'm ugly, and so it is, right? We don't even stop to question our thoughts, we just let our thoughts run our life. And that is just a hard place to live. Truly, it is.

And what a gift, what a gift it is to understand and recognize and to learn that thoughts are not just facts, and you do not have to believe everything you think.

In fact, it would be really interesting if you were to commit for the next 24 hours to just observe your thoughts as much as possible. So as soon as you notice your brain thinking about something, you're just observing it and maybe even taking notes on the patterns that come up.

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How many times do you think about this thing? What are your common thought patterns around this thing? When it comes to pornography, let's observe, what are we thinking about it? How often are we thinking about it? What are the main thoughts, beliefs, and thoughts around it? And just taking note, taking note, taking note. Not to necessarily judge them, but just to start to see patterns.

And then once you do that, the most powerful thing you can do as you start to notice these thoughts and these patterns is to infuse them with love. Infuse them with love. And so really we're stepping into this place where we're living not from the thoughts or not from the parts of us that are having these thoughts, but we're living from love. And love is responding to and helping and loving all of these thoughts.

So let me give some examples here. Say you're having a lot of thoughts about how, you know, why do I just want porn? Why am I looking at porn? I'm so ashamed. I don't even want to think about it. I don't want to talk about it. I'm so stressed about it. You're starting to notice all of these patterns around thinking your thoughts about pornography use. I'm stressed about it. I hate it. What's wrong with me? I'm never going to be able to quit.

And then you notice those, and then you infuse them with love. I know, I know you're scared. I know you're stressed. I know you've been working really, really hard at this, and you've been putting a lot of time and effort into this. And I know it's been difficult. And you infuse them with love and love and love. And I love you, and I've got you. And I'm so, like, I love your heart. Look at how good your heart is.

And then you let love guide. You let love be your guide. So I know you're just stressed right now, and I know you really want to go look at porn, and it's okay. It's okay to be stressed. It's okay to want to look at porn. And instead, let's go over here and let's breathe through this. Let's do some mindfulness practices around this. Let's go talk to the Ask a Coach, right? If you're in the program, let's go talk to Ask a Coach. Let's go get some food.

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I also know you're hungry and you haven't eaten very much today. Or I know you're exhausted. What can we do to relax a little bit?

So we're letting love take care of you. We're not judging the thoughts. We're loving it. I really do want you to think of this like it's your inner child, your inner self. How would you respond and help a child in this situation? I've heard some people talk about it like your human body. It's just like your human. This is my human, and my human, it needs needs and it needs love and it needs help. And so I am having, my human is having all these thoughts that are just coming in.

But if I can access my higher self, pop up into that observer role, into my higher self role and be a caretaker and like a lover and help my human, it's a really powerful place to show up from instead of getting stuck in those thoughts, yeah, I am dumb. Yeah, I am not good enough.

You're going to get stuck there a little bit. You're going to ruminate in that a little bit, and then we're going to practice popping out of it and being the higher self and guiding this human body with love and compassion.

This gets easier as you practice it. If you haven't practiced it a lot, it might take a little bit of time. It might feel like it takes a lot of effort, but if you can do it once a day, oh man, that'll change your life. It'll change your life.

You are not your thoughts. This also means those random crazy thoughts that pop in, that is not you. So back to my example of the other night laying down, and my dryer makes a noise, and my thoughts immediately go, there's a murderer in your house, right? Someone is going to come and chop off your head. Something crazy.

I could be like, what in the world is wrong with me? Why am I having those thoughts? Oh my gosh, I just must be the most anxious person in the world. There's something severely wrong with my brain for it to go that extreme. Or I can go, oh, I'm not my thoughts. Hmm, you know what? As humans and as human brains and human bodies, we just sometimes can't control every thought that pops into our head.

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This is the same with sexuality and sexual thoughts, okay? I am not my thoughts. I am not my thoughts. What I am is I am the part that can respond to my thoughts. I am the part that has the power of response.

So, oh, I can respond with love to those thoughts. You know what? Like I hear you. I love you. I know you're scared, and I can even tease, right? I can go into that teasing my brain a little bit if I want. Good job, brain. Look at you. Look at you just coming up with the craziest things ever. You're so good at it. You've really mastered that job description of coming up with the craziest things possible. You're very entertaining. Good job.

Or good job, brain, I know you're just looking for pleasure. You're just looking for pleasure. You're just looking for something to distract you. You're really good at it. And I know what's going to really help us feel better. And what's really going to help us feel better is not going and binge-watching some pornography. It's going to be like, let's go drink some water. Let's go get some rest.

So you are not your thoughts. Let's just love our thoughts. Let's love, love, love our thoughts. Let's love our inner child. Let's love our inner human. And let's not just give our lives over to our thoughts. Okay?

Kind of back to that idea of you don't have to just let your thoughts boss you around and rule your life. And I think so many people just walk around and are not even aware of that. They're not even aware that they're just letting their thoughts control their lives.

Or they're not questioning thoughts, they're not looking at thoughts objectively. They're not wondering, is this true, or is this helpful? They're just, oh, here's this thought. I believe it, and I go with it. Oh, I am not a morning person, and I am bad with money. And they just go with it instead of, hold on, is that true? Can I prove that in court? Is that a belief?

Okay, so let's practice being the observer this week. You guys have a great rest of your week. Hope y'all are staying healthy coming into the holidays, and we will talk to you next week. Bye bye.

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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](https://SaraBrewer.com/masterclass), and it is totally free.