

Overcome pornography *for good*



with SARA BREWER

PODCAST ROADMAP



WELCOME,

to Overcome Pornography for Good.

Maybe a friend, family member, or ecclesiastical leader recommended it to you. I want to thank you for being here. And I hope that you thank YOU for showing up for yourself.

Overcome Pornography for Good has 450+ 5-star reviews and has changed so many lives. This free podcast is truly one of my proudest accomplishments.

Changed My Life Mar 26, 2022
★★★★★ level7taio
Seriously, this podcast changed the entire course of my life. I thought I would be dealing with this forever! I have tried addiction groups, bishops, seminars, other porn recovery related podcasts, and even paid a personal therapist for a few months. I haven't had a single issue since.

Sara is giving me my life back Mar 3, 2022
★★★★★ Non-Evangelical minister
I'm a college professor and Protestant minister with a ten-year porn habit. For some time now, I've disliked the principles of Sexaholics Anonymous and the evangelical Christian theology behind it. Your Pavlov analogy gives us confidence that we truly can re-habituate our brains not to want porn. Just hearing your podcast day-by-day is saving my life and marriage. I can't thank you enough. I'm telling my counselor to start referring her clients to YOU. May God continue to bless your work.

Last solution/ method you'll... Sep 5, 2022
★★★★★ Brilliant
I found this podcast and it has been completely game changing. I realized I had a change of heart years ago and I just needed to change my perspective on how to view myself and this habit. I am free of pornography now because I finally understand my brain and how to process urges. Literally overnight a whole new future opened for me.

Not sure why I've never hea... Nov 12, 2021
★★★★★ Jael-/
I've struggled with porn for a long time. I've looked for help from countless people, programs, tools, you name it. It baffles me that I've never heard porn talked about like this. It's so new and fresh and so insanely encouraging. It's handed the power back to me, where I felt I had very little. No power and no hope.

With over 130 episodes, many people feel overwhelmed with where to begin. This is why I created the podcast roadmap. I selected the most important episodes to get you started and ready to listen to the new episodes released each Monday.

You can follow the roadmap or skip around. Whatever you need.

I've also included a mini directory for podcast episodes on specific topics. If you find yourself wanting to deep dive into the topics you'll learn during the roadmap, use this directory as your guide.

Lastly, If you struggle with porn, there is nothing wrong with you. You are not bad or unworthy. You are not stuck with a porn habit forever. You can quit for good. And you can quit completely shame-free and develop a beautiful and positive view of sex.

I'm so excited for you to begin.

Let's go!

A handwritten signature in blue ink that reads 'Sara'.

Overcome pornography *for good*®

PODCAST ROADMAP

1



Emotional Regulation

You don't struggle with porn because you're lazy, bad, or have too high of a sex drive. Listen to find out what's really going on.

7



All or nothing Mindset:

Quitting is so difficult when you are all or nothing. Don't quit cold turkey. Listen to this podcast episode to learn what to do instead.

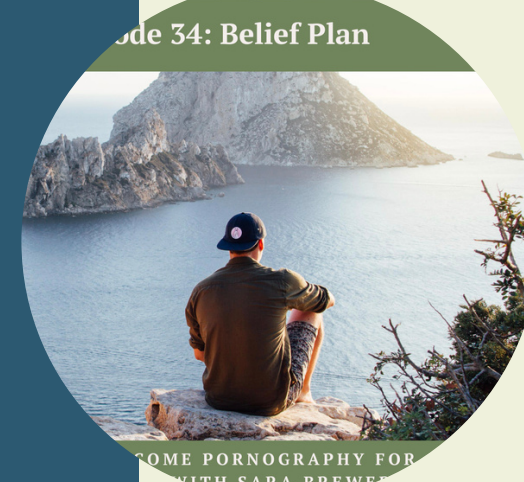
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Shame Spirals:

The #1 thing keeping people stuck in porn? Shame. Learn why and how to get out of it in this episode.

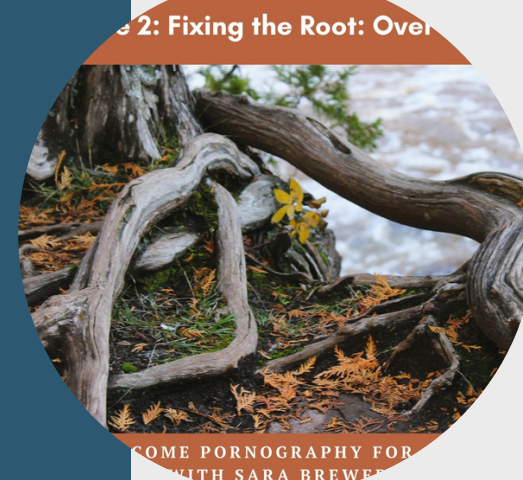
8



Belief Plan:

Lacking belief in yourself to quit porn? This exercise will be a game-changer.

3



Fixing the root: Over-desire:

Have compulsive urges? You're not alone. This will teach you why and how to train your brain out of the over-desire.

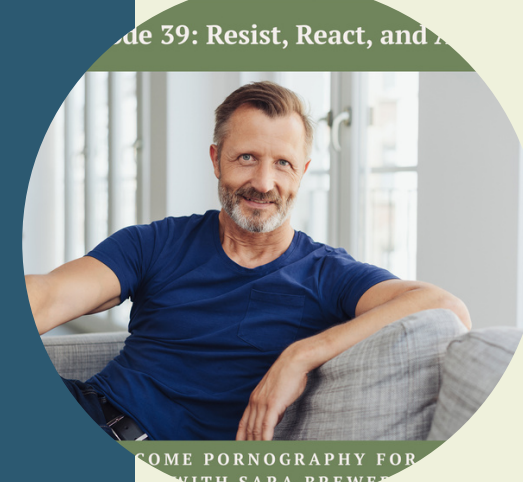
9



Sexual Shame:

The biggest culprit in unwanted porn use. Please, listen to this episode and commit to healing from sexual shame.

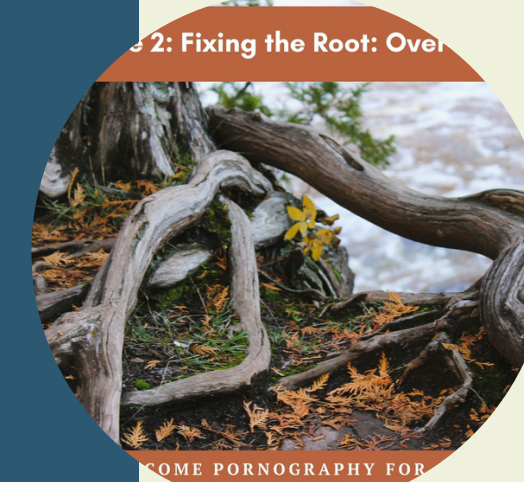
4



Resist, React, Allow:

A brand new way to work through urges without willpower. This skill is absolutely life-changing

10



What to do when you slip up:

Do you feel like garbage when you slip up? Here's how to learn, move on, and use your slip-ups to propel you forward.

5



Stop fearing Urges:

What exactly is an urge, & how can we get rid of them? Imagine a life where you aren't afraid of the desire for porn. This episode will teach you how.

11



Power of Accepting yourself:

Accept yourself now. In your porn habit. Exactly as you are. And you will quit faster and easier than ever. Listen to learn why.

6



Becoming a new person:

Most people don't do identity work, which is why they end up going back to porn. This episode will teach you how to never go back.

12



What's possible with Sam:

You'll love these insights from someone who has quit porn. If they can do it, you can too.



MINI DIRECTORY

Buffering

- [48. Pillar Three: Emotional Regulation](#)
- [26. The #1 Key to Quitting Porn](#)
- [33. Power of Pain](#)
- [14. Iceberg Emotions](#)
- [20. 50-50](#)
- [79. Clarifying Confusion about Buffering](#)
- [94. Nurture vs Numbing](#)
- [123. River of Misery](#)

Identity

- [10. Am I addicted?](#)
- [18. Self-concept and Addiction](#)
- [34. Belief Plan](#)
- [105. The Story of you](#)
- [9. Situational Joy](#)
- [49. Pillar Four: Becoming a New Person](#)
- [8. Fact vs story](#)

Growth Mindset

- [6. All or nothing](#)
- [17. What to do when you slip up](#)
- [54. Failure Tolerance](#)
- [55. Progressive Failure vs Justification Failure](#)
- [40. Compound Effect](#)
- [23. Curiosity vs Judgment](#)
- [111. Think in years](#)
- [84. Success circle with Tina](#)
- [73. What's possible with Sam](#)
- [122. What's possible with James](#)
- [53. What's possible with Quinn](#)
- [115. What's possible with Thomas](#)

Overdesire

- [91. Reward system and over-desire](#)
- [92. Retrain your brain \(talks about Pavlov's dogs\)](#)
- [11. What to look out for when you stop viewing porn](#)

Mindfulness

- [4. Stop fearing Urges](#)
- [21. Urge Flow](#)
- [29. Stop fearing Feelings](#)
- [39. Resist, React, Allow](#)
- [47. Pillar two: Mindful Urge Management](#)
- [116. How to control Sexual Urges](#)
- [70. Overcome your most difficult Urge](#)
- [15. For when it's really difficult](#)

Shame

- [5. Shame Spiral](#)
- [30. Power of Accepting yourself](#)
- [46. Pillar One: Shame-Free Commitment](#)
- [87. Worthiness](#)
- [13. Physiology vs Morality](#)
- [19. Sexual Shame](#)
- [38. Sexual Urges are not from Satan](#)
- [37. Shame 2.0](#)



READY FOR MORE?

If you like the podcast, you'll love my program Overcome Pornography for Good.

No doubt, you will have amazing breakthroughs while listening to the podcast

And if you're ready for more, the program is the container for deep transformations.

Podcast = listening and learning.

Program = implementation and transformation.

You get lifetime access to all of the work, including lifetime access to coaching calls and personalized coaching through emails. To check it out, [**CLICK HERE**](#).

You can quit for good. Without shame and without fear.