

196. Hunter's Story



Full Episode Transcript

With Your Host

Sara Brewer

196. Hunter's Story

You are listening to the *Overcome Pornography for Good* podcast episode 196, Hunter's Story.

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.

Sara: Hey, everyone. Welcome to today's podcast episode. Today, I have Hunter on with us. Hunter, do you want to say hey, and then I'll introduce you?

Hunter: Yeah, what's up, guys? I'm so glad to be here.

Sara: Yes, awesome. Hunter's so cool. So if you have been in the program, I'm sure you've seen Hunter's face. Hunter is a new coach/program ambassador for us. How long have you been here, since like June?

Hunter: April.

Sara: April. Oh, yeah.

Hunter: It's been since April. Yeah, pretty crazy.

Sara: Oh, I mean, it's gone by so fast. He's such a joy to have. I love, love, love having him as a member of my team. And what he does is he does welcome calls. He does support group calls that we have once a week.

And then he also is doing a lot of stuff with people who are considering joining the program. He gets on calls to talk about it with them to see if it's a good fit or not. Helps them make decisions that align the best with what resources that they have. And so he is also texting a lot too. So if you've signed up for any of our free stuff, Hunter might reach out and be like, hey, just making sure you got it, and is just there to really be a support for all of you.

Our goal when I was looking to hire someone for this position, the vision I had in my mind was like a big giant hug. So anyone who comes on to our

196. Hunter's Story

list, like they trust us immediately. They give us their name and they give us their email. And I don't take that lightly. And so as soon as they come into our sphere, I just want them to feel like they're just enveloped in a big hug. Like we've got you, we're going to help you, whatever you need, we're here for you.

And there was a point where I was like, you know, we need to do a little bit more than just sending out emails. Like I want someone there to actually be that person that can be a contact source for these people, these new people who are just coming into our world or who have been in our world for a while, but need a contact point. So that's kind of what Hunter does. Hunter, is there anything you want to add?

Hunter: Yeah. I mean, I feel like I'm just like a type of utility player here in the program. I'm kind of everywhere. In the group calls, you know, via text, phone call, email. So if you get bugged by me, like, I'm sorry, but like, not sorry. I want to make sure you guys are doing all right.

Sara: Yeah. He's got the biggest heart. And when I say big hug, Hunter was like, oh yes. He's just like, he just gives people a big hug, he's just got such a great heart and just like really, really wants genuinely, genuinely wants to help. And anyone who comes in contact with him can really feel that. And I get lots of comments about Hunter. He's so excited. He's so helpful. He's just the best, you know, we love having him.

So Hunter is awesome. If you want to reach out to him after our call and talk to him a little bit, I'll give you details on how to do that. But today, what we're going to do is we want to talk about his story a little bit. It's something that he gets asked quite a bit in the program. And he's like, well, I can't, you know, he gives them the short version, but he wants to give us the long version today.

And then the goal here is just to help everyone feel hope, to feel like they know what their next step should be, to feel connected and to feel like they're not alone. And so I'm excited because I actually haven't heard Hunter's story in depth. When I hired you, I just like, wow, you're just so

196. Hunter's Story

great at what you do. And I love your vibe. Yes, come work for me. But we didn't, like I didn't ask deep questions. I knew you did the program, but that's about it.

Hunter: Yeah, I mean, I'm really excited to share a little bit more. I mean, like you said, I get it a lot and I give like a 45 second overview of my story. But I mean, I'm glad to be here and being able to share a little bit more in depth with y'all today.

Sara: Yeah. So, Hunter, how about you just kind of start telling us a little bit about your background. And specifically, I don't know, let's talk about your journey with porn and how that started. Like when did you first come across it? What was that like for you? When did you feel like it became a problem? Kind of tell us a little bit about that.

Hunter: When I was about 12 years old I got my first iPod. And I was so excited to have this new iPod because all my buddies had it. And right then and there I was kind of nervous, because I've always heard in the back of my head like, hey, this is where you can like access a lot of stuff. And when you're 12 years old, I mean, it's something taboo that you don't really talk about.

Sara: Yeah, you were told, like were you told before then, like kind of leading up to your iPod, or in church or something like be careful of the internet, because the internet is full of naked people.

Hunter: Yeah. No, literally. But the thing is, that was the extent of it. There was no explanation of like, hey, this is what you can do to kind of combat that. It was just, hey, you're going to see this, so just turn it off.

And at 12 years old, I mean, you see that and your hormones are going a little crazy. And so it just makes sense to, at least at the time, I was like, I'm kind of curious. Let's kind of dive a little more into this and see kind of what it's all about. Like, why are people saying you can't do this and all that?

Sara: Was it like, what's so bad about this? Or is it like, I just don't understand and I want to understand?

196. Hunter's Story

Hunter: I was just genuinely, I didn't understand because it wasn't really talked about. It was, hey, pornography is bad. Don't look at it. And I was like, okay, what? Why? Because I mean, if you say don't do something, a little kid's going to look.

Sara: Yeah, and like you said, those 12 year old hormones, and also just any normal person's hormones who's grown up a little bit. Like, yeah, it's kind of fun. It's kind of exciting. It's kind of new.

Hunter: Yeah, exactly. And so I mean, I remember exactly where I was when I saw a picture and I didn't know what to do with it because my brain was telling me one thing and my heart was telling me another and it was just kind of nerve wracking. And I didn't really know how to manage my emotions.

And so all this stuff was like the perfect storm to kind of get hooked onto this a little bit. And I mean, years went down the road and I didn't tell anybody because I was so nervous. I was nervous that if someone found out that they'd look down on me and think I was a bad person. So I just kept pushing it down and it just kept getting worse and worse. And it was so scary.

And I remember one time my dad's friend came over. And I'd never met the guy before, but I remember he looked at me right in the eyes and he said, "I can see in your eyes you're a good kid." And it was kind of like a stab in the heart because I was like, am I a good kid? I mean, you have no idea what I'm going through. And he's telling me I'm a good kid.

And so at that point on I was like, I'm so two-faced. And it was so frustrating for me. And I mean, at the time my parents didn't know either. So it was just so much weight coming down on me, like people saying I'm a good person, but myself telling me I'm a bad person because of these actions that I take. And so it was kind of how it started to roll.

Sara: Yeah. How long was that? Do you feel like most of your teenage years were just feeling that way?

196. Hunter's Story

Hunter: 1000%.

Sara: Yeah.

Hunter: I mean, I ended up talking to my parents about it one night. My dad could tell that I was a little off. He's like, hey, what's up? And I was like, nothing, I'm good. So he goes upstairs and I call him back down. And I'm starting to cry and he's like, what's up? Like, you can talk to me. And so I kind of shared with him like, hey, this is something I've been struggling with and I just need to tell somebody.

And we had a really heart-to-heart, fantastic conversation. And I mean, from that point on, having that support system was a really good turning point for me. And I was like 14 or 15, maybe 16 maybe. But even with me telling them it was a good weight lifted off my shoulders, but at the same time it was still something I was struggling with, right? I didn't have the tools I needed. So it's like, yeah, I could tell anybody I wanted, but I mean, that wouldn't really help with the tools and the application that I was looking for.

Sara: Yeah. And I want to throw in here that in my mind, the real tragedy here is not that you looked at porn as a teen. The real tragedy here is just what that does to feel so much shame about this from 12 years old on.

And if you've listened to me for a while, just for my listeners, you know that it's really the shame and the stress around it that creates more of a problem around it too. And so I don't know if you experienced that part, but I want to just throw that in there for my listeners that, again, like we take the approach here that it's okay and you can also make choices that align with your values.

But when it really becomes a problem and when it's really damaging to kids is with always feeling like a horrible kid because you have a sexual urge or you had a sexual experience. So I'm just throwing that in there.

Hunter: Yeah, yeah. And I mean, I even remember when I was a sophomore in high school, I think. I had some buddies, you know, love

196. Hunter's Story

them. They're great. But at the time I was still struggling and it was really tough for me. But to these guys, they would openly talk about it.

And to me, it made me feel so gross, because I was like, why are you talking about this? It was just something that we've been raised on to like not talk about, and you guys are just like talking about it. But it wasn't in a healthy way. It was like, oh man, like I watched porn every single day last week. And it was like, you know, it was like that. And it was heartbreaking to me because, I mean, that's something that didn't align with me. And the people around kind of enforced this idea of it's okay, but in a bad way.

Sara: Yeah, there's like two spectrums. So there's like a really sexually shamed and repressed side. But then there's also the like, let's just do what, like kind of an unhealthy way of like, let's just do whatever we want. Let's view whatever we want. Let's not think about the ethics. Let's not, I don't know, practice any, everything's okay.

And so yeah, there are these two opposite sides of the spectrum. And sometimes we think that it either has to be one or the other. And so if you're not just feeling bad about it, or if you're not totally repressing, then what you are doing is acting out of control. Whereas instead, we want to kind of find a middle ground here of healthy sexuality.

And healthy sexuality, using sexuality for good is not just let's do whatever we want and let's be disrespectful. But it's also not let's just repress and feel shame. That is not using sexuality for good.

Anyways, I'm talking too much. So keep going, sorry.

Hunter: No, you're good. I totally agree with you. And I think that's what really caught my attention with the program. And I mean, my mom and I have followed you for years. I mean, back in like 2019, 2018, whenever you started doing like little posts on Instagram, my mom was like –

Sara: Oh my gosh.

196. Hunter's Story

Hunter: Yeah, it was a long time ago. And my mom was like, hey, Hunter, check this out. She's so awesome. And so we just like, we followed you, and I mean, obviously up to this point. But it was such a cool approach to jumping into the world of pornography and how to work through this.

And I mean, fast forward a little bit, I go on a mission, come home. And it was still kind of an issue. And it was so frustrating. I mean, I'd follow you on Instagram and it was so good. And when you started doing podcasts back in 21, right? Was it 21?

Sara: You know, this is better than I do. Well, let's see, it was right after I had my daughter. So yeah, it was 21. Yeah.

Hunter: 21, which was like right when I came home from my mission. And so I got this job. And it was a job where I could just drive around a lot and so I would just have your podcast on repeat. Like I would just burn through those podcasts. It was awesome.

And like I said, the way you approach it was just so good. And it related to me and I could connect with it in such a healthy way. Because I mean, my whole life was being told like, hey, too bad, so sad. Like you're stuck with this for the rest of your life. And it was so annoying because I was like, well, that sucks. Like I kind of screwed myself, I guess.

Sara: At 12 years old, sorry, you just ruined your life.

Hunter: Yeah. No, literally. And so it was so frustrating. And so learning about the way that you go about overcoming pornography for good, it's revolutionary, right? And it's a way where you can take that shame and create something beautiful out of it. And it's so healthy to know that this isn't something you have to deal with forever. If you have the right tools and the support system, you can overcome this.

And with that mentality, like, that's where I was able to eventually jump into the program in 2022. I think 22, something like that. But anyway, I got the help that I needed and it was just incredible.

196. Hunter's Story

Sara: Cool. Okay, so tell me a little bit more about that. Like, what were some of those breakthroughs that really changed a lot of things for you? You say it resonated, but what specific things helped you the most?

Hunter: The biggest thing was dropping the timeline and not having willpower. Because, I mean, my whole life was like, hey, if you want to stop looking, you have to have willpower. And it was such a band-aid solution. And I mean, I'm not sure if you're a country fan, but I mean, Morgan Wallen said it best with you can't put a band-aid on a bullet hole.

And so it's the same idea, right? Like you can't just continue to put a band-aid on something that's deeper than like a superficial wound, right? You have to dive into it and really get to the root of the problem. And that's exactly what resonated with me the most was like, hey, I'm here to work with you. I'm going to help you. And here are the tools, they're all right here, right?

And you're able to then take those and apply them in a beautiful way, which can lead to success.

Sara: Cool. So let's dive more into willpower. But I also want to talk – Will you tell us what it means to drop the timeline and why that was so helpful for you?

Hunter: Yeah, yeah. So I would always tell myself, okay, my birthday is coming up, or Christmas is coming up or something like that. And I would create these like checkpoints throughout the year and say, okay, when my birthday comes around, I'm never looking at pornography again.

And so my birthday would come and then maybe I wouldn't look for three days, and then I would view. And I'd be like, well, that sucks. I mean, there goes that goal, you know? And so I would count my days –

Sara: That hurts my heart because that is just, it's not your fault, but that's just setting yourself up for so much failure.

Hunter: Oh, for sure.

196. Hunter's Story

Sara: You're always going to fail with that. And then you're just going to fall into more and more shame and distress.

Hunter: That's exactly it, right? And I mean, same thing, like Christmas would come around and I'd say, okay, I'm never doing this again. Or New Year would come around and I'd say I'm never viewing pornography again. A week later I'd view and it was so frustrating because I'd tell myself these things, and then I would never follow through.

And so what I mean by dropping the timeline is just being able to recognize that counting your days is not what's going to help you find success. I think when I started to realize that, that was when I was finally able to find more progress and more success, was when I wouldn't tell myself, okay, I've got to go a week. Or here's my checkpoint on my birthday, I'm going to never view again.

It was, hey, I'm going to process these urges throughout the year or throughout the week, or the days or whatever. And that's where I was able to find the success I was looking for, forgetting about counting my days and forgetting about setting checkpoints throughout the year.

Sara: Yeah, so good. I'm like, say it louder. Say it louder. Don't count days as a measure of your success. It just really messes you up. And one thing too I want to throw in here, this is also why the first video you watch when you join the program is what does it really mean to overcome pornography for good? Because we want to redefine that because what it might sound like is, okay, that means I'm never, ever, ever going to view ever, ever again in my entire life.

What we want to do is we want to redefine that to be like overcome pornography for good means porn is not going to have any more power over me. Porn is not going to control my decisions. It's not going to control how I feel about myself. And I feel in control, the porn doesn't feel in control.

And so that's kind of getting to the deeper stuff, which brings me to the second thing that we should talk about that you mentioned was a big

196. Hunter's Story

breakthrough for you. It was like not using willpower. Now, was this a specific milestone in the program? Or what was that?

Hunter: Yeah. I mean, yeah, so with the willpower idea, the biggest milestone that helped me in the program was the urges one.

Sara: Yeah.

Hunter: I mean, they're all fantastic, right? I mean, whenever I close the welcome calls and I'm scrolling through all of them, I'll always say like, oh, this is the best milestone. And then I'll scroll to the next one and be like, oh, this one's my favorite because of this and then I'll scroll again. So they're all my favorite.

But for me, in the moment when I was working through the program, the biggest one was urges because I felt that if I could get to know what an urge was on every level, it would make it so much easier for me to process those urges. And it's true, it worked because, I mean, I think one of the very first videos in the urges milestone is, what is an urge? I mean, you just throw it in and you're like, all right, what's an urge? And you just jump right in.

And I think it's so helpful for me to know, and for everybody else that's listening to know what an urge is, right? If you know what an urge is, it's going to be a lot easier to process.

Sara: Yeah, because we think an urge is like something scary, or it's something overpowering, or it's something that just happens to us, or it's something that you have to fight and it's strong. But all an urge is, is a feeling which is a vibration in your body. An urge is just a vibration in your body and it's not overpowering. What makes it feel overpowering is when we use willpower.

And so I don't know, anything else you want to add there that might be helpful for someone, maybe someone who's kind of new and is like, what is an urge?

196. Hunter's Story

Hunter: Yeah, and I mean, whenever I talk to clients in the program, I always tell them that urge that you're having is very wise. There's a lot of wisdom with that urge.

Sara: So good.

Hunter: And usually it's a follow-up question of what do you mean? Why is this wise? Like this urge is making me view pornography. It's like, no, this urge is telling you, hey, there's something that you're trying to push down right now. Let's sort of figure that out. What is that? What emotions are you feeling that you're trying to push away, right?

And so I love to connect with, like connect an urge is wisdom. And it can be kind of scary sometimes because you've grown up your whole life knowing that when you feel an urge, you're going to view pornography, separate the two and notice that an urge is just wisdom, right? And it's that thing that can be really helpful.

Sara: So good. So many of us have just been conditioned from even earlier than 12, like you, right? Just fear. You should be afraid of this. When you have a sexual feeling, it's scary. And you've really got to watch yourself.

So when it comes to urges, the reason we use willpower is because we're terrified of them. And so what we really want to do is take that fear out of it. And so I love that you use that. I love that you use that. Like, this is wise. This is wise. This isn't something to be afraid of. Let's explore it.

Hunter: Exactly.

Sara: Instead of just trying to push it and tell it to go away, let's become friends with it. And then what? And then what will happen?

Hunter: Yeah, it's got something to tell you, right? So listen to it, right? Let it sit, let it process for a minute.

Sara: And that's how you really do, I'm going to use the term overcome pornography for good. It's because now it's not like, okay, overcome it so

196. Hunter's Story

you never have urges. It gets to the point where you are not afraid of your urges. You're friends with them, you're buddies with them. They're okay.

Hunter: Yeah.

Sara: And that's so powerful, and that's when you can get out of the willpower cycle. That's when you stop exhausting yourself. It's when you stop fighting with yourself and you just live in peace. Just live in peace.

Hunter: Exactly. I think that comes to the point of, I mean, it's not something you have to deal with forever when it comes to struggling with pornography and fear of it, right? You don't have to be scared to feel those urges, like you said. It's something that you can learn about and how like, it's like your tiger analogy, I guess. I know there's like a whole other thing.

Sara: It's episode 172, we talk about the tiger. It's called Healthy Sexuality Part 1: Using Sexuality For Good. 172, so go listen to that one, listeners, if you haven't heard that yet.

Hunter: It's awesome. It's so good.

Sara: Yeah. Okay, so keep going. Tell us, so you had these breakthroughs, experienced some great transformations and then, what? What was next for you? How'd you get into coaching?

Hunter: Yeah, so all through high school, I mean, I was a big athlete in high school, so I played baseball and it was a big thing in my life. But with that came a lot of personal development. I wanted to learn how to become mentally stronger on the baseball field. And so I read a bunch of books that my coaches and my assistant coaches would share with me about how to be mentally strong and how to do all this great stuff.

And so from sophomore year I was fascinated with personal development and becoming the best person you could be. And so right then, it was always in the back of my head like, hey, I want to do something with this. And when I started to get older, my parents and my family and my friends

196. Hunter's Story

would tell me, you're so good at helping people, like just connecting with people.

And my mom would always say, well, why don't you do something with that? Like, if you're good at it, why don't you do something with it? And so it was always in the back of my mind, but it was kind of like, yeah, yeah, okay, that sounds cool.

And then when I finally started to jump in the program and find success, I was like, oh my gosh, this is literally something I want to do. Like I became obsessed with it, with overcoming pornography and learning how to have the tools to process my urges, as well as taking those tools and applying them to any other aspect of life, right? I mean, that's what's so great about these tools, is that it's not just for pornography, it's about everything.

And anyway, so I had the idea. I proposed it to my wife, I was like, hey, I think I want to go to school to become a coach. And she was like, okay, what do you want to do with that? And I was like, in a perfect world I'd work for Sara Brewer. And my wife knows you, my wife knows the podcast and the program and stuff. And she's like, oh, yeah, okay. She's like, all right.

So I went to school and all this good stuff. And I'll kind of fast forward a little bit, but long story short I got a text from Sara and it was like, hey, to chat with you and see –

Sara: Wait, let's actually rewind because I want to hear more.

Hunter: Okay. Yeah, yeah.

Sara: I'm like, wait, hold on. Also, first, you've told me that before and it makes me laugh every time that you're like, in an ideal world I'd work for Sara Brewer.

Okay, so then how did you find Lindsay's program? So Hunter ended up going through Lindsay Poelman's program, who she's one of my friends, but I think she's brilliant and a brilliant coach. And she does certifications. And so occasionally, I'll talk about her.

196. Hunter's Story

Was it like an email that I sent? Or how did you find out about Lindsay's program?

Hunter: Yeah, so I mean, I can kind of go into a little bit more in depth if you want me to really quick.

Sara: Yeah.

Hunter: I love talking about it, I think it's like the coolest thing ever.

Sara: Because I think there's a lot of people, you know, there's a number of us who find coaching and we're like, what is this? This is fun. And so I get questions about that a lot. So tell us, yeah, tell us that part of your story.

Hunter: Yeah, so I was going through the program or whatnot. And I told my wife, I just proposed it to her. I was like, I would love to do something like this and help people overcome what I've learned. And I didn't really know how to get into it because I was like, what do I do, just that type of like, coach school? Like, I don't know. I didn't really know how to go about it.

And then like, literally a week later we get an email that you sent. And it was something like, Lindsay Poelman is opening up this, if you want to take a look at it, you can. And my wife and I were like taken back. We were like, what? I'm like, what are the odds like it happened right now?

Sara: The timing.

Hunter: Like, it was perfect timing.

Sara: Wow.

Hunter: And so I had a little consult call with Lindsay. At the time I knew that Lindsay was on the podcast before. And I knew she did stuff in the program, but I didn't know that you guys were like pretty close. And so I was like, yeah, that sounds cool. Never in my mind did it click, like link that that could even be a possibility to work for you.

Sara: And I didn't know you, like we weren't in contact.

196. Hunter's Story

Hunter: Yeah, yeah.

Sara: You were in the program. I don't know, I might have coached you a few times like on a group call. But like, I didn't know you.

Hunter: Yeah, exactly. Yeah. And so with that being said, I mean, I was going through the schooling and it was great. Like it was fascinating. I took a ridiculous amount of notes and all this stuff. But come the new year, I got a text from Lindsay that was like, hey, I have someone that has a job opening. I would love to send them your information. And I was like, yeah, okay, sounds great. Had no idea it was you, right?

So I said, yeah, sounds good, here's my phone number, email, whatnot, go ahead and let them know. And I get a text that says, hey, Hunter, this is Sara Brewer. And I was like, what? I was like, holy cow. My wife and I, my whole family, we all look at you like a celebrity.

Sara: That's so funny. That's so funny to me. Sorry, can I just say, it's like I'm just in my office talking to a microphone. And so that's just funny. Thank you.

Hunter: I know for a fact that all your listeners do the exact same way I do. Like, I just know it's true. Like if someone saw you, they'd be like, oh my gosh, it's Sara. I just think it's so funny. But it's true.

So when I got a text from you, I was like, oh my gosh, this is Sara. I was like, she's the one who's literally helped me change my entire life, and now I'm texting her. What? And so you know the story, we kind of start chatting a little bit. And we were off and on for a few months and then he eventually offered me the position that I'm in now. And it's been the greatest thing in my entire life. Next to getting married, but yeah.

Sara: Oh, yes, your cute wife. Okay, one, I want to say something about Lindsay's program, because for anyone who's interested in doing coaching, I do recommend her. I don't make any money. I don't get referrals or anything with me recommending her program. And in fact, I've paid for all of my coaches to go through her advanced trauma informed training.

196. Hunter's Story

The reason I like her is because she does it with a trauma informed lens. Now, that doesn't mean that we work directly like with trauma, we leave that for the therapist. But she also has a great way of helping us, you know, because coaching is different than therapy, and so she has a great way of helping you understand what your role is as a coach, what you can do and how you can work with therapists. And like, it's just a really beautiful, balanced way.

And it's trauma-informed and it's healthy. And it's just there's some coaching programs out there that are just, they're a little bit manipulative. Coaching is like the wild, wild west. You know, you don't always know what you're getting. There's not licensure, like there is therapy and it's different. So anyways, I do really like Lindsay's program. If anyone's considering wanting to do something similar as Hunter, I do really like her for those reasons.

And Lindsay texted you because I always go through her first if I'm hiring. I'm like, do you have anyone that has gone through your programs? Because if they've gone through your programs, I know that they've gotten some good education.

Hunter: No, literally, she's so, so good. And I mean, I also think it's pretty, I think it's important to point out but like, Sara, you're super picky with who you bring onto the team.

Sara: Yeah.

Hunter: And whenever I have phone calls about if someone's curious about the program or emails or whatnot, a lot of times they'll ask like, hey, how do I know you guys are good? I'm like, well, first off, like, Sara is so picky, and she'll pull from like, you have to have certain certifications, certain requirements, you have to have like an aura about you. You know, like, there's so many things that you look for.

And so I think that's important to point out to your listeners, as well. She's super picky, guys. And so I'm not saying like, other people aren't good, but

196. Hunter's Story

Sara's team is so, so good. And her coaches, including herself, are so good.

Sara: Yeah, thank you for saying that. Thank you for saying that. And I think that if you're asking, how do I know you guys are good, that's a great question. Like always ask those hard questions when you're trying to choose someone to work with. Whether that's a therapist or a coach, or you're looking for some sort of professional help, ask those hard questions. That's really good.

And yes, I am picky. And yes, I do continual trainings. And it's like picky too, because our approach, we take a non addiction approach. And so a lot of porn recovery people, we just don't vibe well. I don't like a lot of those approaches and I don't think they work. And so I really find people who are really here in the middle that work well with our approach. So anyways, thank you for saying that.

Hunter: I don't know why you wouldn't work well with this approach, because this approach is literally the best. Like, you know what I'm saying? Like, I don't know. That's just, obviously, that's my opinion, but I think it's the greatest.

Sara: I think so, too. Okay, what else? What else? Anything? Let's see, well, tell us your favorite part about what you do in the program.

I'm also going to throw in there if anyone's interested in maybe potentially being a program ambassador and doing some similar things, like in the next year or so I can see us hiring a couple more people that Hunter or someone else would just maybe be over and you would do some more contacting and working with people and helping people. Like that big hug, that big hug energy.

So if you're listening and you're like, oh, Hunter's cool. I want to do something kind of like him, feel free to reach out to us. And we're not hiring right now, but we might in the future. And so we'll put your name down.

196. Hunter's Story

You don't necessarily have to be trained as a coach to do some of those things that we would have you do in the future. But the things I'm having Hunter do, which is the welcome calls, the support group calls, even some one on one coaching, he needs to be a coach for that.

But okay, throwing that out there. And then yeah, tell us your favorite thing about working the program. And then I also want to hear what would you tell listeners – Well, actually, I'll come to that question in a second. First, tell us your favorite things.

Hunter: Yeah, I honestly say one of my favorite things to do is having those personal phone calls with people before they join the program because the questions that you guys have are awesome, right? Yeah, it's so good. And so I love seeing people on the fence about it. And then after a phone call, they're like, there's not a better place for me to be. And then I'm like, dude, then join, man. This is the best place to be. You're going to find success here, you're going to find the love and the support we're looking for.

And so when I then see them in the program and then face to face on a group call or a connection call or whatnot, it's so awesome to see them there after like, oh, I don't know if this is going to work. And then, obviously, seeing them find the progress early, right? It's so great and it's so much fun for me to kind of be there with you.

And yeah, so like, when I am reaching out to you guys, it's so genuine and I want to make sure that you guys are doing okay and you have your best foot forward in the program. And so when I shoot you a text or give you a phone call or shoot you an email, my arms are wide open for you guys. And I want to make sure that you guys are doing okay.

And that's my whole goal here as an ambassador and as a coach, is to make sure you guys are able to navigate the program well. Kind of trying to diminish that feeling of overwhelm. And, yeah, so that's kind of like, that's probably one of my favorite things to do is just to make sure that you guys are doing okay and it's so awesome.

196. Hunter's Story

Sara: Awesome. Yeah, I love that. That's so good. So that's his role, is he's there for you. If you're trying to decide to come in, or if you want to talk to someone not really sure. And then he's also there for you, especially that after, he's really helping you make sure that the overwhelm is low. And again, just like putting his arm around you and helping you out as much as you need it.

Hunter: Exactly, exactly.

Sara: Okay, last question. What would you tell listeners who want to quit porn, but are nervous about jumping in?

Hunter: Honestly, straight to the point, just go for it, man. Like there's not a better place for you to be. And you have every right to feel a little nervous because I mean, your whole life, you've stuck on this idea of like, okay, like pornography is something I'm going to go for, but I'm going to try to do it, but also not really.

And so knowing that this is the end all, like you're going to find success here, it can be really scary because as humans, we don't want change, right? We don't look for big changes in our life. But the program is going to offer that change in such a healthy way that it's going to make your life so much better. And you're going to feel so much lighter. And I kind of touched on it earlier, like I felt so two-faced. And when I jumped into the program, I learned that pornography, it doesn't define me. And I think that's so healthy for you to know.

And that's exactly what the program has, it is literally like you can find progress here. And so go for it. Like, it's scary, but jump in. And that's what I'm here for. Like I'm literally a backbone for you in the program. So when you jump in, I will be there for you.

Sara: Yeah.

Hunter: And I will be shooting you a text and giving you emails, so I want to make sure you guys are doing okay.

196. Hunter's Story

Sara: Yeah, thank you. You've used the analogy with me too, as a lifeguard, that you're a lifeguard.

Hunter: Yeah, exactly.

Sara: People come jump in, and if you're struggling or drowning, Hunter is just there to pull you out. And we are too. So like I am and other coaches, we all are those lifeguards for you too. We just want to make sure you're getting all the help that you need and want and deserve.

So okay, thank you so much, Hunter. How they can contact you, let's give them your email. It's Hunter@SaraBrewer, right?

Hunter: Exactly. Hunter@SaraBrewer.com. That's the best way. I try to respond to emails pretty quickly. So if you shoot me an email, you're going to get a response back super fast. So I want to make sure you guys are all right.

Any questions you have for me, please ask them. Like I want to make sure you guys are having your questions answered.

Sara: Yeah, so if you have questions about the process, if you have questions, you're like, I need help with this. If you need a podcast recommendation, he could even do that. And then he'll hop on a call for you if you're trying to decide what the best route is to take.

And just, you know, we really do want you to make the best decision for you. So if you hop on a call with him, he's really going to listen. And sometimes there are instances where we're like, oh, maybe you should go see a specific trauma therapist or someone first.

Hunter: Exactly.

Sara: So it can be hard navigating, like if you're trying to find professional help, it can be hard navigating and trying to figure out what's the best thing for you. And so we do have your best interest in mind and we have recommendations of specific therapists we might offer if that is going to be a better route for you.

196. Hunter's Story

So, all right. Thank you everyone for showing up. We'll talk to you next week. Bye 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. And then 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. So you can go and sign up at Sarabrewer.com/masterclass, and it is totally free.