

267. What's Possible with Cannon



Full Episode Transcript

With Your Host

Sara Brewer

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You are listening to the *Overcome Pornography for Good* podcast episode 267.

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.

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.

Sara: Okay, you guys, I want to introduce you to Cannon. Cannon, thank you so much for being on today.

Cannon: Thanks for having me.

Sara: Yeah. Do you want to go ahead and introduce yourself and tell us about you?

Cannon: Yeah, for sure. So my name's Cannon Goslin. I'm 23 years old. I've been in the program for probably eight or nine months now, and it's honestly been one of the best decisions that I've ever made, for sure.

I think when I first started the program, I honestly did have a problem with pornography as well, but I think my biggest problem was just a lot of self-hatred, and I would buffer all the time. And pornography for me, it was just another one of those buffering activities. But there were video games. I played a lot of video games, I ate a lot of really unhealthy food, and I would just constantly do these things and I would just keep doing them and keep doing them, and I'd feel worse, and I was just stuck in that vicious cycle.

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And so I joined the program. I talked with my mom about it. We discussed the price and everything and decided that it was worth the investment. And actually, initially, my story starts with this program about two and a half years ago. I just got off of my mission. I remember that I did a little bit of a thing with Sara. I don't even know if you remember it, but it was a special deal on the program or something, and I decided not to do it at that point.

Yeah, I didn't think you'd remember that. But I decided not to do it then. I was right off the mission, and I didn't really feel I was worthy, honestly. So I would definitely encourage everyone listening today to just take that step now because I wish that I'd done it earlier. I feel I could have made so much more progress. Now, that being said, I'm glad that I did it now. And I think as I was going through the program and just trying to figure out really what it meant for me, I felt the biggest thing that I learned was that it's okay to not be okay, and it's okay to struggle.

And that was a really new idea for me for a long time because I felt I was so much farther than where I should have been, and I just kept staying in that place. Once I really accepted that, "you're not there right now, man, and that's okay," I feel that's when I was able to really make progress. And over the past eight or nine months, I feel I've been able to make so much progress because I started with that mindset of, "You're not there yet, but that's okay." And really, I think the biggest thing for me was transitioning from self-hatred to self-love, and that took about six months. It wasn't an overnight thing. It took a long time. And sometimes it does take a long time.

I remember when we were first talking, and I was like, "Okay, how long is it going to take to quit porn?" And I couldn't get an exact answer because there's not an exact answer. Everybody's different. And I'm happy to say that for the most part, I am actually pornography-free now, but that did take quite a while in my case.

Sara: I love it. Thank you. That's something a lot of people come and they're like, "Okay, but how long is this going to take me?" And I think that's one of the first things I talk about in the program, is I'm like, "Hey, I know

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you are so excited to get rid of this, but if you drop your timeline, you'll actually make quicker progress."

Cannon: No, for sure. And I had actually struggled for eight or nine years and I honestly wasn't really getting any closer, and to be almost completely free of it in less than a year is...

Sara: Yeah. That's amazing.

Cannon: For sure.

Sara: That's amazing. So tell me a little bit about that. What specifics... Well, I mean, you've already talked about specific ways that you've seen yourself change, but what were some of those big breakthroughs that did finally... you know, you've been working on it eight or nine years. Yeah. And yeah, it didn't happen overnight, but jeez, that's pretty... I mean, a year. That's pretty sweet. Just under a year, that's pretty great. What were some of those significant breakthroughs?

Cannon: I think for me, the most significant breakthrough honestly was just the way that I treated myself and the way that I was able to start to treat other people, especially my mom. Because we'd gone back and forth a little bit, and I wasn't as good of a person as I should have been at the time. When we decided for me to do this, obviously she was aware of my pornography habit and everything like that. And she was really supportive of me. She was like, "Look, dude, I just want you to get over it, and whatever you got to do, man, we'll get after it." So...

But I think as, really, actually pretty quick into the program, probably a month and a half, we were actually walking. We were on vacation one day, and we were walking on the beach together or something, and she told me, she's like, "You're different. You're way different already. And I know that you haven't quit porn yet, but you're just already so much happier."

And I was like, "Mom, I really am." And it was just so cool to see even that turnaround being so fast, and I've had many experiences like that over the

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past eight or nine months where it was just little things that I realized, like, "Wow, this really does work. This change really is possible. And not only is it possible, it's happening."

And I really loved to see that. And honestly, for me, that's probably been the biggest reward of the program because it really wasn't about quitting porn for me. And I know you say that all the time. Pornography is just a buffer, that's it, but it became about so much more. It became about being the man that I always wanted to be and the person that I didn't think I could be until this year, and now I'm finally starting to be that person, and it's super cool to see.

Sara: Yeah. Oh my gosh. Yes. Yes. Thank you for saying that. What a great example. I love how you said, "Not only is it possible, but it's happening."

Cannon: Exactly. Yeah.

Sara: For those of you who are stuck there in this "maybe it's possible" state, what if we change that to, "No, it's happening. It's happening right now. It's happening today. Everything I'm doing is creating a porn-free life, and it's happening today. It's happening right now." That doesn't mean it's overnight. No. But it means it's all working. It's all working.

Cannon: Definitely.

Sara: Tell me a little bit about this person that you've wanted to be and how this is about so much more than quitting porn. What does that mean to you? Who have you become? What have you been able to do?

Cannon: Well, I think, like I said, probably the single biggest thing that I'm the most proud of was transitioning from that self-hate to that self-love. And I actually did that using something that you talk about where you talk about the models, so I use that a lot, and then I also use bridge thoughts a lot. So I didn't start... Because you can't really go from, like you say, "I hate my body" to "I love my body." Yeah, that's not going to probably happen, and it probably doesn't feel super genuine if you just try and switch it like that.

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So for me, starting from, "I hate myself" and I really did. I'm not going to lie. I had a lot of self-doubt, and I had a lot of self-esteem issues and things like that. And I would find evidence for that everywhere in my life. But once I transitioned from, "I just don't like myself," and that felt more genuine, and then I just kept going from, "Okay, I don't like myself," to "I'm okay," to "I'm pretty good," to like, you know, "I'm awesome."

And really meaning that, and it did take a while. Like I said, it took about six months. But as I was doing that, I noticed other areas in my life, I started to feel more confident. I started to feel I could do better in other areas. I started to have a healthier body. I started to make healthier life choices. I started to be nicer to people too. I started to feel I could do more in a career, in a profession. I ended up switching my major from communications and just not really knowing what I wanted to do in school to now I'm a pre-dental student. I want to become a dentist and just working on that.

And so it really was just like that one thing affected everything else in my life, where I felt I was able to, A, be nicer to people, be nicer to myself, and then just have higher goals. Not be just satisfied with where I'm at, but really want to be successful and want to be great. And that's something that I've always wanted, but I really wasn't sure if it was realistic or if it was really possible. And then once I established that mindset of, like you said, "It's not just possible, it's happening," then I started to see that, and I started to have that lens that I saw all the ways that I was making those good decisions and that it was happening for me. And then that just became that snowball effect where more and more and more good things started happening.

Sara: Yeah, I love it. Again, such a great example of what I mean when I say this is about so much more than quitting porn. For sure. So much more. It reminds me, so Kat, who is a coach in the program and has some private clients, she was... We were meeting this week, and she said, "Well, I have a client, and he's been doing amazing and hasn't looked at porn, and now I'm like, 'Well, what do I do with him?'" And we're like, "That's amazing.

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Now you show him what else he can do with his life. And you coach him, and you help him do whatever else it is. He thought he joined the program to quit porn, but he's getting 30 times more than that because now he's creating this dream life." It's such a cool thing.

And remind me, did you do, because you're talking about how it took a while to really embody this, and that's a challenge I think a lot of podcast listeners come up with is they're like, "Okay, I understand what you're saying, but like, okay, but I still hate myself." You know, I still have a lot of self-loathing. And so talk to me a little bit about how you were able to overcome that. And remind me, did you do a little bit of private coaching with Tina?

Cannon: Yeah, yeah. So I did about five or six months of private coaching. So I've loved all parts of your program. Obviously, I have the program. I still use it pretty much every day just because there's so much good stuff in there. And at this point in my life, it's pretty much just an identity thing. It's like, I'm a member of the program, I use it constantly, and it helps me get where I want to go. And it's not really just about pornography anymore.

But yeah, private coaching is great. It's a super great tool to get more of that one-on-one experience because I also listen to the podcast a lot. So I'm an avid podcast listener. I've listened to almost every single episode. And the podcast is great. It is a great place to learn, but as far as that application goes, like you were talking about, I feel you can get a lot more of that in the program, especially with private coaching, because it really is that one-on-one connection, and someone is there to see those things that maybe you can't quite catch on your own.

And I did learn a lot from Tina, and I'm super grateful that I had that opportunity. And honestly, I'm open to doing it again at some point. I don't feel I need it right now. But when there's some other big life change in my life, I'm totally open to going back and doing it again because I know how beneficial it is.

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Sara: Yeah, very cool. I love what you say too. Sometimes a coach can just help you see things that you can't. I mean, even myself, I've been doing this for a long time and I know it really well. But I still will go and get coached because they'll see things that I can't see. Like a belief that I have that I think is just a fact. Of course. It's not really a fact, but I need someone to point that out to me.

Cannon: Oh yeah, and that is huge. That was a big change for me because I really did have those facts of, "Oh, I struggle with porn and that's just how it is." And I think private coaching especially really helped me challenge a lot of those views. Honestly, she challenged me on a lot of those views, but it helped me grow a lot.

Sara: Yeah, especially with something big where you're feeling so much self-loathing and a lot of self-hatred, that's something that you need to work through and pull apart and pull apart and pull apart and keep pulling apart and talk about and address and go through. And it's work.

Cannon: No, it takes some humility. You know, you really have to be willing to be wrong about the fact that you're not that great. You have to be willing to be wrong about that.

Sara: That you're not that great. Wait, Cannon, now we're talking about how you are great.

Cannon: Yeah, you have to be willing to be wrong about the fact that you're not that great and that maybe you are.

Sara: Oh, I see. What you think. I see what you're saying. Yeah. Yeah. And it's so funny because when I'm coaching people, they have a really strong argument for themselves for why they suck. Yeah, no. And I get it, right? I totally get it. I think we've all been there. But they're like, "No, you don't know me, and I have all of these reasons for why I suck." And are you willing to be wrong about that and be a little... It's, I love how you put that. You have to be humble to maybe... It's such a great way of thinking it. Humble to think that you don't suck.

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Cannon: Yeah. What if you are that good, man?

Sara: Yeah, what if you are capable of what you want? I love it. Okay, so tell me, how has your life, your relationships, your impact grown as a result of this work?

Cannon: Oh man. I don't even know if I could... I feel I could be here all day trying to say that. I think the biggest thing, if I had to put it down to one thing, I'd say I feel more confident. I would say that I feel more confident in just who I am, and I feel that shows in everything that I do. I feel like with school, for example, I didn't really feel I was a good student for a long time, and so I would have that show up in my life.

But once I changed my mindset and felt I could be more confident and really put on that identity of, "No, you can be great as long as you put in the time, as long as you put in the work," then I feel that changes your impact totally because I feel I'm going into a career now that I never felt I could do before. And all those people that I'm going to help down the line are a direct result of what I'm doing in this program. So I really feel it's hard to say just how much this will affect your life because it will affect it way more than you think.

Sara: Yeah, I like to think of ripples.

Cannon: Oh, it's huge. Yeah.

Sara: You don't even understand how far the ripples go. That's how I like to think about my podcast, for example. Yeah, it's affecting all the listeners, but then it affects the people that they're in contact with, and then it affects more people that those people are in contact with. It just ripples and ripples and ripples. So truly, when we heal ourselves, we really do heal the world too.

Cannon: 100%. Yeah.

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Sara: Awesome. And what do you think is possible for you now as a result of you being able to quit porn?

Cannon: I got one word for you. Anything. Anything's possible.

Sara: Anything.

Cannon: Anything.

Sara: I love it. Because did you think quitting porn was possible, or did you feel pretty hopeless about it?

Cannon: I mean, I guess I thought it was possible in the sense of like other people could do it.

Sara: Yeah, yep.

Cannon: Right? I mean, I'd hear stories, and I'd be like, "Oh, I don't know how he did that, but I guess."

Sara: Yeah.

Cannon: As far as for me, not really. You know? I would say definitely, at least not for years and years and years of struggle. And I would definitely encourage anyone that is feeling like it's impossible that first step really does come down to love. And just being willing to... I actually remember this super vividly. It was right before I was able to quit pornography that I had this view in myself over my mind, as just not being vulnerable. And it was almost like I had a weapon, and I was using this pornography as a weapon to keep away all the good things that I wanted in my life.

And once I was just willing to drop that, just drop that weapon of buffering and of pornography and keeping away all this good stuff, it felt really vulnerable. But that's really when I was able to quit and to move on was because I was in a place where I wasn't holding on to this anymore, and I could start moving on and doing the good things that I finally wanted to do.

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And I just encourage anyone that's struggling, it's okay. You don't have to be there today, you don't have to be there tomorrow, but as you're willing to let go, you'll be able to find that you're able to fill yourself up with the things you've always wanted. And it's a beautiful process. It's painful, but it's beautiful too.

Sara: Yeah, thank you. Oh, so good. Interesting how it feels vulnerable to let it go.

Cannon: Oh yeah. Yeah, you're exposing yourself to new things, and change is difficult, you know?

Sara: Even when it's good change, like even when it's for our highest good.

Cannon: I'd say especially when it's good change.

Sara: Okay, yeah,

Cannon: But I just I really wanted to be free. And I knew that freedom was expensive, but I also knew that you generally get what you pay for. And I felt as I was just putting that on and just really being willing to change and having that humility. And obviously, I'm not totally there. There are still days that I struggle, there are still days that are hard for me, not just with pornography, but in other things in my life.

But as I've really just accepted myself and accepted, honestly, for a big part of me... A big thing for me was my faith and just really accepting God and everything like that. I feel the change did happen.

And I really like how you say that maybe we're here on earth now to experience pornography and experience these different struggles and doubt and things like that. And I agree 100% because if I hadn't had the experience that I had with pornography... I don't feel I'd be as compassionate as I am now. You know, if I hadn't had those doubts, if I hadn't had those difficult moments. And if I don't continue to have those difficult moments, it's hard to be confident if you've never been challenged.

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Sara: Yeah. Yeah, I like that question, what is your pain making possible for your life?

Cannon: 100%. And pain makes everything possible. Everybody goes through pain, but I feel what this program does is it teaches you, like you talk about clean pain. It teaches you how to use your pain in a positive way and how to really become whatever you want to be. And that's what I would encourage people today is, whatever you want, if you're patient enough, it's possible, and it can honestly happen a lot faster than you think.

Sara: Yes. Yes. This seems to be a common theme of these interviews I've been doing is, be patient, and it's okay if it doesn't happen overnight. But really, with the long, looking at this long term, in under a year, that's amazing. That's very quick.

Cannon: It is. It is very quick long term. And just be consistent too. I think that was the biggest thing for me when I first started in the program. I was a little scared. I would start to see the changes, and I was like, "Whoa, whoa, whoa, whoa, whoa, this is fast." But as I was just more consistent and really committed to doing it every single day, even if it was uncomfortable for me, because a lot of times it was uncomfortable, that's when I feel I really started to see that progress.

Sara: Yeah, nice. Love it. Thank you so much. Is there, do you have any last insights that you would want people to know, or any last things that we didn't cover that you want to say?

Cannon: Yeah, yeah. First of all, freaking get in the program, guys. The podcast is great, and I know that it is a little expensive and stuff, but honestly, I would pay 10 times for this program what it costs right now.

Sara: Let me just say, that's the goal. That's my goal. Truly, my goal is to make it 10 times more valuable than what people pay for it. So thank you for saying that. That's cool.

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Cannon: Well, honestly, I think it's worth 100 times what people pay for it. And then just trust the process. Trust yourself, trust Sara, trust your coaches, they know what they're doing. And be excited, man. Be excited. You're here, you're changing your life. What better place is there to be? This is so cool.

You're here with other people, with similar-minded people that are willing to change their life, that are willing to tackle a subject that can be kind of uncomfortable sometimes, and we're all here, we're all getting better together. And I love the group atmosphere that there is. And just be honest with yourself. Be honest about the things you struggle with, but be honest with yourself about the things you're good at too. And it'll happen. It'll happen.

Sara: Be humble enough to think good about yourself, right? Love it. Love it. Okay, great, Cannon. Thank you for sharing that with us.

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.