

EP54: What You Want + Indulgent Feelings

[00:00:00] Welcome to Rock Your Brain. Rock Your Life. The only podcast that teaches the cognitive tools and strategies you need to be massively successful without stress, overwhelm or burnout. Here's your host, master entrepreneur and Certified Life Coach Sarah Moody.

Hey rockstars how y'all feeling today. I am feeling super happy and powerful, because I know that all my goals and dreams are possible because I'm a master at training my brain to create beliefs that serve me in going after creating my incredible life. By the way, if you haven't written a review and you liked the podcast, thanks so much for writing one.

As it helps others find these very powerful cognitive tools. Here's actually one of my favorite reviews and it's titled quote, the final fix.

[00:01:00] Totally makes sense for me because these cognitive tools were like the final fixed after decades of therapy I might add. And the reviewer says

I had no idea how much my brain has been playing tricks on me. These podcasts have been an amazing weekly cognitive tool to stay aligned with my CEO brain and feel confident in all parts of my life. Thank you, Sarah. And thank you so much for that review. My goal really is to help you all build your confidence.

So this made my heart so happy to hear. So last week I covered what negative feelings are, how to process them and why you need negative feelings. And if you want to start without lesson had to episode 53 titled processing negative feelings. And today I want to take the feelings, work even deeper and talk about indulgent feelings.

I have three categories for feelings, negative, positive and indulgent. The first two are pretty self-explanatory those indulgent feelings. They

are tricky, [00:02:00] my friends. Let's first see what Google has to say about the definition of indulgent. It says willing to allow excessive leniency, generosity, or consideration.

Notice the word allow notice the word excessive. So let's apply that in the context of feelings, what feelings do you find yourself stuck in often? What feelings are you most likely to pay attention to or change your behavior, because of? Just take a second and think about that for yourself in your day-to-day life.

I like to define indulgent feelings as those feelings that are familiar to you, and that doesn't create a result you want. Even if it's an uncomfortable feeling, our brains recognize it and feel comfortable sitting in that stuckness. That's why you probably find yourself sitting in a few feelings more than you would like right? And when we spend a lot of time [00:03:00] indulging in those feelings, it's not serving us. We're not creating the results we want. We're just rinsing and repeating that experience.

Everyone's experience with indulgent feelings is going to be different, but there's in general five feelings that I call indulgent based on my experience and observing my students. The top five are overwhelm self-doubt confusion, victim mentality, and busy-ness. Okay. So maybe take a little note in your iPhone app or your phone app.

They are, these are really important. Y'all overwhelm, self doubt, confusion, victim mentality, and busy-ness. For me, my indulgent feeling for most of my life was self-doubt massive crippling daily self doubt about pretty much everything. I also see the same feeling of self doubt in my students a lot.

Now [00:04:00] doubt is one of those super sneaky little feelings. It seems like it could be necessary. Right? It seems like it actually is a fact that could stand up in a court of law. Like for me, the self doubt I had when someone years ago suggested I write a book, I immediately felt self-doubt because my brain said, you have no idea how to do this.

And I didn't know how to do that at that time, but my brain added an, a sneaky little extra thought. My real thought was you have no idea how to do this and you never will. It was so subtle, that little extra thought that made me doubt myself, the part where my brain said, and you never will. So self-doubt seems like it could be useful because you think it's true and that it's a fixed thing.

And doubt prevents you from going out in the world and going after your goals, self doubt, pretends to protect you from [00:05:00] fear from being harmed out there in the world. But all it does is just protect you from feeling negative feelings. And here's the catch 22. You're probably still going to feel negative feelings because now you're not going to go after what you want.

Oh, brains.

In the rockstar program, we do a process called unthinkable goals. I think I've talked about this on a podcast before it's setting a goal that your brain thinks is unthinkable. It's impossible. And we do this because it brings up all the shit, especially the indulgent emotions. For example, my students will say to me, . I don't wanna leave my easy tech job and become an entrepreneur because I'm afraid I might fail. And that makes sense. Right. When we haven't done something before our brains think it might be dangerous.

So we don't do it. We choose some other goal that's more realistic and attainable, but what [00:06:00] they're actually doing by choosing an easier goal is failing ahead of time. I remember when I was thinking of starting my tech business years ago, I thought I don't want to do that because it's going to be way too much work. I doubted my ability to be able to do the work and have fun. Now my life is way more fun and I work less. I could tell myself that it's a lot of work and I could prove that true, but I choose to do the opposite because you all, you have a choice about what to think.

When you don't listen to that little voice inside of you, calling you to do the thing that inner bad-ass wisdom of yours, you are failing to show up for your incredible self. You're putting yourself in the quote. No fucking way. I can't do it space without even giving yourself a chance. You don't have to choose that if you don't want to.

But at least give yourself the chance you deserve that. So back to indulgent feelings, are they bad? Of course not. It's [00:07:00] totally human to feel these things, but they're probably not creating results. You'd like for your life, let's go through some really common trigger thoughts and see if any of them sound familiar to you.

One thing I hear all the time is I'm so busy. A student was telling me yesterday that she's been busy from literally the moment she wakes up until she hits her head on the pillow again, that night. Does that sound familiar? I know you overachievers just want to be massively productive. And that was definitely me.

Pre-thought work type a overachiever. Over-scheduled under rested, anxious as fuck. If I didn't get my whole to-do list done, it led to me being snappy and disconnected from my loved ones and not actually taking care of my health and not even really liking relaxation, because I always felt like there was something better to be doing with my time, these were not results. I liked

Another one I hear often is, I don't know. I actually have a rule in coaching that you can give any answer, except I don't [00:08:00] know. Why do I have this rule? Because I don't know. Doesn't get you anywhere. You just stay in the same loop of confusion, right? Probably not getting the results you want because you're telling yourself you don't know how to do it, or you don't know where to start, or you don't know yet what you don't know.

Listen to me, it doesn't matter. Change that thought to something like, I don't know yet, or I'm learning or I'm looking for a solution and then go prove those thoughts. True. Instead of spinning in confusion.

The last one I want to put out to y'all is it's not fair. Or another version, which is why me, I call this the victim mentality. It's basically self pity. Right. And I don't see it as much as I see other indulgent emotions because our perfection brains want to take on all the blame usually, but it's an important one because a, it doesn't ever help us find a solution.

And B it can cause a lot of resentment and disconnection and our relationships with [00:09:00] ourselves and others. For example, I don't like to cook before I found coaching. Whenever I was dating someone and it was my turn to cook, I would think of something like, why me? Why do I have to cook? It's not fair. I don't even like cooking.

Even if I had agreed to cook dinner half the week, I still thought that. And number one, it totally shut my brain off to other options. Like I could get takeout. I could rediscuss the agreement with my partner. I could get a meal delivery, service, whatever. And number two, I would create massive disconnection from my partner because it was easy to blame somebody else.

Right.

One funny thing about indulgent feelings is that they don't necessarily feel bad. In fact, I would say that when I was indulging and feelings a lot. I was just cruising along. Anytime I felt a negative feeling. I would numb out with food or booze or dating. And the rest of the time, I was pretty much just trucking along. Not really creating the results I wanted because I was always operating out of indulgent feelings. [00:10:00] I honestly didn't think I was a very passionate or interesting person because I didn't feel intense, negative or intense, positive emotion.

And that's pretty typical. Right. That's how a lot of people go through life. But if you're listening to this, I already know you want more than that. You want to look back in two years and feel proud of the results you've created. So here are a few questions. I want you to ask yourself to start training your brain, to get out of indulgent feelings.

Number one, what are your top three feelings on a daily basis? Mine are proud. Discomfort and love. How many times a day are you indulging in a feeling that doesn't serve you? That's another question for you.

Number three, are those feelings that you're indulging in going to get you the result that you want in your life?

You know, to be that leader, to get that promotion, to find that relationship to, organize an incredible wedding. Number four, [00:11:00] if you have indulgent feelings, ask yourself why. Number five. What are the thoughts that are creating those indulgent feelings? Uh, number six, what thoughts could you create in that brain that would create a youthful feeling that would create the result that you.

Start here and let your brain really dig into these. Notice the answers, write them down and look for small shifts. And if you're ready to really take this to the next level, come join the rockstar program. You can a hundred percent get out of indulgence and into true pleasure, confidence and fulfillment.

You just have to learn how to manage that brain. All right. I love you all. And I'll talk to you next week.