

# Rock Your Brain Rock Your Life

## EP 10: When You're In the Dark Place

Welcome to the Rock Your Brain Rock Your Life podcast. The only podcast that teaches unfulfilled high-achievers like you to rewire your brain, get unstuck and smash big goals. Here's your host, rockstar entrepreneur, and bad-ass life coach, Sarah Moody.

And I'm going to encourage you to picture an image of you and me sitting next to each other on a couch, looking at all your thoughts.

I really love this visual. I really find it so powerful. And that you show me the thoughts in your brain that are not serving you, that are causing you to feel the feelings of failure and hopeless. These unintentional thoughts are the only reason why you're feeling shitty. And you're feeling like you're in that dark place. And you're not shifting your life forward and creating the results you want in your life.

Hey rockstars. I hope you're all doing great. I'm doing great. It's been a really amazing week where I've had the opportunity to run a customer advisory board meeting for a client and my tech business that I've had for the last seven years. I love my tech business and I'm so passionate about what I do for my clients and how the work we do together impacts their business.

And then I switched gears towards the end of the week and coach some really incredible high achieving students in my coaching business on the concepts of how to shift your mindset from scarcity to enough. And then to abundance. It's interesting. One of the things that I've noticed with my students is that, because they're so focused on achieving, there's also this correlation of I'm not enough. And so one of the steps that we're working on is shifting from scarcity and not enough to enough.

I also worked with my incredibly talented designer who designed his podcast brand on some super cool artwork ideas for the cover of my book. As you all know, writing a book is one of the dares I had for myself last month. And I can't wait to share the book with you. I'm so excited that I'm writing what I refer to as guidebook with tools. I'll share more with you all just before it's published. I know it's going to blow your mind. You'll definitely have a sneak peek.

And I love how the movie industry is innovating in times of a pandemic I've been to, to drive in movies in the last week. So fun to be out in a field in my car with friends and Marley, eating popcorn and watching movies. As many of you know, I was in

Telluride over labor day weekend, which is also when they have the Telluride film festival. And this year they had to cancel it because of the pandemic. But I was so excited that I had the opportunity to watch one of the films that was to be previewed at the time festival this last week, in a field, in a driving movie theater! And I love thinking about how to thrive and innovate and iterate in these times.

It's so powerful for us all to have that type of mindset, and if you really want to kind of do a deep dive on, on, you know, tapping into your power and understanding how to use it, just check out two of my earlier podcast titled getting in your power seat and staying in your swim lane. I recommend you start with how to get in your power seat.

Today I want to talk about when you've been coaching for a number of months, or you've been doing some personal development work for a number of months, and you find yourself in a dark place. You find yourself not working on shifting belief in yourself, managing your inner critic and your negative thoughts.

And maybe you're noticing some feelings of hopelessness. Or you feel like a failure. And if you really dig deep, you're probably feeling some shame, but generally you notice you feel stuck, like what you're doing is not working and you feel. Hopeless. Now, if you think you might be clinically depressed, I think this work can help you, but I would highly recommend seeing a therapist or a psychiatrist, so you can address the root cause of that depression and get back to functioning.

I have many students who have a therapist and me as their coach. So the power of this work is to learn how to be a third party observer and watcher of the thoughts in your brain, as well as your feelings. That's thought work in a nutshell.

So what happens after about the first month of doing this thought work is you start feeling better as you've discovered some of your unintentional beliefs. And you felt the high of being able to get yourself out of feeling stuck. You've gone from feeling about, you know, 70 or 80% of the time, not that great about your life, to feeling some feelings of hope, peace, inspired.

You start feeling like you have some agency over your life. Some control. And you start feeling a little high from the power of doing this thought work. So here's what I know about all you high achievers, because I've been there myself. Number one, you're more than likely living somewhere on what I call quote the perfectionist scale, anywhere from a 10, where you know you're a perfectionist, but being one serves your current life. Being a perfectionist helps you feel in control of your life, but it's not serving you. Or maybe you're in the middle of the scale and in some stage of rehabbing your perfectionist brain.

Or maybe you're a solid 1. You're rehabbed. And you think thoughts like "B minus work is more than enough." I used to think that my life had to be like 95% amazing and perfect. Correct. And so when I started thought work, I needed to move that slider on the perfectionist scale from a 10 to a 1.

And so that leads me to number two is most high achievers, never believe they've done enough and therefore consistently feel unfulfilled and empty. you feel that you have to achieve just to feel valuable or worthy. Achievements aren't a joy, they're a necessity. You find yourself creating a list, checking the box, checking the next box you get ahead of dopamine. You check the next box. You get another hit of dopamine. It's the accomplishment game more, more, more

When you're forced to achieve just to feel like you have value, you can't stop. If you stop achieving, you stop feeling lovable. It's a really terrible burden. And for most of you high achievers, self esteem is based almost entirely on external circumstances, like a new job, making more money, losing weight. Et cetera. And therefore, understandably, you end up feeling empty cause you can't control any of those external circumstances. And to make matters worse because you appear to be high functioning and are often highly successful, your suffering is often overlooked by friends and loved ones.

And here's why perfectionist thinking and never believing you've done enough is like putting a turbocharger into your car's engine and driving a hundred miles an hour and 2.9 seconds later, you're in your dark place. Here are the facts, my friends. If you're a perfectionist, you're more than likely to change way too many thoughts a day so you can feel absolutely fantastic and in control. When you expect yourself to be perfect. Feel perfectly amazing. And do, do, do, you're trying desperately to escape the fact that life is 50/50. 50/50 means the 50/50 of feelings and the 50/50 of great things and hard things happening in your life.

When you don't accept the fact that life is 50/50, you're chasing trying to feel better. But you know how I know life is 50 50. Take a few minutes right now, look around at your life and make a list of what's great in your life and what's hard right now. I shared up a bunch of the 50% that's great earlier at the start of the podcast and the 50% that's hard right now is managing my brain around dating or how to scale my coaching business, just to name a few areas.

So life is 50/50. And it's really important to experience the full human experience. Which includes feelings of feeling great and happy and peaceful, but also feelings of pain and anger and discomfort. Accepting that life is 50 50 removes all the resistance to the feelings.

And then you don't feel like you need to do a bunch of thought work like on steroids to get to a certain feeling. Just feel when you notice discomfort, just feel it.

The other thing too that I want you to consider is so many of you that are perfectionist think, Oh, you know, I've stopped doing my personal development work or thought work and so I've fallen off the wagon. There's no proverbial wagon to fall off of. So many perfectionists have a fantasy of doing thought work every day and being perfect. And all those thoughts that creep in when you, when you miss a day or, or a week that you're not enough for your failure, or you can't do this.

Quote unquote are lies. Because there's no such thing as perfect. Life is about progress over perfection. Doing something is better than doing nothing. Your future self would just say, Hey, it's all good. I love you. I have your back. Let's just pick up today.

And for many of you, you have this thought, you know, thought work is hard. Here's the fact, thought work is writing down your thoughts for about 10 minutes a day. So ask yourself, is it really hard? What feels hard about it? For you overachievers this may be an indication that either you are doing too much thought work or experiencing depression. And this is just an excellent place to evaluate: how do you want to take care of yourself? What does daily care of you the amazing being that you are look like?

The other thing that's really important that you think about as you start doing this work is understanding what's your why? Your why is that deepest desire that you have for your life, that so many of you don't believe you can ever achieve. And for those of you that have been listening to my podcast for awhile, you know that I believe anything is possible.

And when you work on clearly coming up with your why, and that's actually one of the things that we do in the rockstar program curriculum, is we get clear on our why. Why are we on this planet? What does that look like? How do I want to show up every day from my life and show up as the person I want to be in the world for myself and for others. What is your why? A strong why will really help keep you motivated when you notice that you may be going into a dark place. My why is to show up every day for myself so that I can be of service at scale and create amazing tools so that my students can transform their lives.

So I would encourage you to ask yourself some questions.

Number one, how would your life change if you genuinely believed you're enough? That whatever you're doing in terms of thought work, coaching, personal

development work, is enough. Number two, if you dropped the negative self-talk and the judgment and the shame, how has your belief in yourself shift?

Number three, if you committed to yourself today, that you're going to show up and love yourself unconditionally, how do you feel? What does that feel like in your body? Deciding to show up for yourself and love yourself every day?

I believe in each and every one of you and I love you all unconditionally.

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If you post a review, you'll be to win a free month of coaching at the end of this month, Sarah Jane one last month. And if you tell a friend and they leave a review, just DMS on Instagram, and we'll give you a bonus entry. Alright. I love you guys. Till next week.

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