



The Body Image Healing Training Program

Action Step 5

Mind Talk Exercise



Creating A Sex Positive World
Through Adult Sexual Education and
Erotic BDSM Performance Art

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At Raven's Lair, we believe that all adults should have access to adult sexual information that is safe, accurate, and explicit. Good sex is not an activity that we know instinctually, it is an art that needs to be learned and developed.



Mind Talk Exercise

The purpose of these exercises is to help you get in touch with your sensual / sexual body, to help you feel confident as a sexy human being, and to help you project yourself as a beautiful sexy person.



From living in a sex-negative society, we are all impacted with sex-negative social conditioning which erodes our healthy sense of being a beautiful sexy person. These exercises are designed to build a healthy body image and to help us create a new script to override sex-negative social conditioning.

If you find yourself being critical and/or having negative thoughts, stop for a moment and tell yourself, "For this exercise I will focus on the positive." When negative thinking became persistent, I found it helpful to stop and place all my negative thoughts into a mental trash can, reminding myself that I can pick them up later if I feel that I still need them.

Pay attention to your mind talk (the things we tell ourselves in our mind) while doing these exercises. Through sex-negative social conditioning, we are taught to be overly critical of our bodies, especially our sexual bodies.

We can change our mind talk through conscious effort, but it takes practice. When you find your mind talk is being over critical, stop for a moment and ask yourself, "Is this



really true?" Check out your mind talk and see where it is truly coming from. Try restating your overly critical mind talk in a positive statement and see how that feels. For example, if I look at myself in the mirror and my mind talk says, "My arms are too long," I can restate the criticism in the positive by stating, "My arms are slender and elegant in their length."

Mind Talk Exercise

For a week, keep a journal. As you go about your day, be aware of your mind talk. Mind talk is the things we tell ourselves inside our heads. Mind talk is influenced by socialization forces, childhood experiences, and by our attitudes and values. From living in a sex negative culture, often our mind talk can be highly negative, destructive, and cruel. As you take notice of the content of your mind talk, write in your journal the things you tell yourself, both the positive and negative mind talk. Be sure to spend some time in front of a mirror both naked and in clothes. What statements do you tell yourself when you see your body? Is it different when you are naked?

Print and use the Mind Journal (located below).

After a week of observing and documenting your mind talk, review your journal. Are there patterns in what you tell yourself? What kinds of things do you say? Is it supportive and positive? Is it critical and negative? When you are faced with a difficult challenge, do you build yourself up with supportive statements or become highly critical of yourself? Do you become frustrated and tell yourself that it is impossible and give up? Record these answers in your journal.

For the negative mind talk, ask yourself "Where is this coming from?" and "Is this true?". When I started exploring my mind talk, I had a friend remind me to check it out. By checking out my mind talk, I discovered a lot of it came from things people told me when I was a child. Some of the negative mind talk came from my early childhood experiences. I discovered patterns, especially when it came to religion, sex, money, and self-worth.

As you check out your mind talk, see if there are patterns. What things were you doing which triggered the negative mind talk? Pay particular attention to the truth or falsehood of the mind talk statements. An example of some of my negative mind talk centered on being skinny and being teased for being so scrawny and a weakling. I weighed just under 100 pounds up until my 23rd birthday. But even reaching 135 pounds in my late 20's I still had very negative mind talk when it came to my body size. When I questioned the truth of being scrawny and pint sized, I realized that statement was false. While I do have unusually long arms and legs, I definitely was not scrawny and weak.



Then I asked myself what would be a true statement about my body. With contemplation, I realized I had arms and legs that were elegant and regal in their length.

As you check out your own mind talk, explore the opposite of the negative statements. Rewrite the opposite positive statement for each negative mind talk statement. Is it possible that there is truth in the positive rewritten statement? How can you apply the positive concepts to your experience?

In my example of being scrawny, I included a positive statement in my morning affirmations to replace the negative with "I am slender and have a beautiful body that is long, elegant, and graceful". At first it felt weird to make the statement and at first I did not believe it. Over a few months of reinforcing a new attitude about my body, I started actually seeing myself as elegant and graceful. As time went on, I discovered a new interest in gymnastics and modern dance. I signed up for classes and wound up with 2 years of gymnastics and 4 years of modern dance classes.

By changing my mind talk, new interests developed that supported the positive statements and became a self-fulfilling prophecy. Through dance and gymnastics, I became even more graceful and elegant. The important part of this process is that I did not consciously decide to develop interests in dance or gymnastics. By rewriting the mind talk script, my subconscious mind opened new interests which matched my new attitude about my body.

Mind talk is very powerful, especially if you truly want to improve your body image and see the beauty within you. Your assignment, if you choose to create a new sense of being beautiful, is to identify your negative mind, rescript the talk as a positive attribute, and include the new statements in your morning affirmations each day for several months. I have included Morning Affirmations training and exercises as part of the Body Image Healing. This one body hack will provide you with an enriched self-confidence and a feeling of being the beautiful person you are.

While I provided one example from my experience, there were several areas in my life that transformed by simply changing my mind talk. This has become an exercise that I engage in when I notice any negative mind talk. Through this process, I have excelled in my higher education. I have become a sexy and sexual creature with a high sex drive. I have become beautiful and confident as a sacred harlot providing sex healing and sex education to hundreds of people. I have come to love myself and my unique personality.

I am becoming the person that I always dreamed of being, both successful and sexy gorgeous. I say I am becoming and not that I am because this is a process and I am



still developing new areas of who and what I am through the process of improving my mind talk. For me, it is a life process and I continue to desire growth and improvement as a human being.





Mind Journal

Remember, as you check out your mind talk, see if there are patterns. What things were you doing which triggered the negative mind talk? Pay particular attention to the truth or falsehood of the mind talk statements.

Day 1

Mind Talk Statement 1: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 2: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 3: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____



Mind Talk Statement 4: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 5: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Day 2

Mind Talk Statement 1: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____



Mind Talk Statement 2: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 3: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 4: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____



Mind Talk Statement 5: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Day 3

Mind Talk Statement 1: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 2: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 3: _____

If it is a negative statement: Is it true? Where does it come from? _____



Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 4: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 5: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Day 4

Mind Talk Statement 1: _____

If it is a negative statement: Is it true? Where does it come from? _____



Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 2: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 3: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 4: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____



Mind Talk Statement 5: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Day 5

Mind Talk Statement 1: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 2: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 3: _____

If it is a negative statement: Is it true? Where does it come from? _____



Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 4: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Mind Talk Statement 5: _____

If it is a negative statement: Is it true? Where does it come from? _____

Write a true positive statement to replace the negative statement: _____

Remember, as you check out your mind talk, see if there are patterns. What things were you doing which triggered the negative mind talk? Pay particular attention to the truth or falsehood of the mind talk statements.



Raven's Lair

At Ravens Lair, our vision is to create a sex positive world through adult sexual education and erotic BDSM performance art. Raven's Lair provides these training materials free of charge as a means to step out of the dark ages when it comes to sexuality.

If you gain benefit from these training materials and are able to transform your sex life, we ask that you consider making a donation. We believe that making an arbitrary decision about setting a monetary price for these materials does not account for the value each individual obtains from these materials.

So, if you obtain value from accurate adult sexual educational materials, now or in the weeks or months ahead, please make a donation to Raven's Lair. Visit our Patreon Page and make a donation based on the value you obtained from this training.



[https://
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RavensLair69](https://www.patreon.com/c/RavensLair69)



About the Author

Ladyboy Gigi has been active in the BDSM community for over 30 years. Gigi started out as a boy toy sex slave and played as a submissive for many years. For the past 12 years Gigi identified as a switch, often playing the role of a Domme.

Gigi has been following an eclectic pagan sacred sex path since pre-adolescence. S/he has studied art, philosophy, ancient religions, ancient civilizations, photography, human sexuality, and sculpture. Gigi has a Bachelor's of Arts degree in Philosophy and a Master's degree in Social Work.

Gigi published *The Dominant's Handbook – An Intimate Guide to BDSM*. This book provides training information about physical, psychological, and psychosexual aspects of BDSM for individuals who want to learn Dominant Role Play.

Go to: <http://www.ravenslairleather.com>.



In 1999, Gigi was awarded the AIB Globe Award for outstanding service to the bisexual world community. Gigi, along with Michael Page and Wendy Curry, started Celebrate Bisexuality Day. For more information about CBD, go to: [Celebrate Bisexuality Day - Wikipedia, the free encyclopedia](#). Gigi served on BiNet USA's Board of Directors for two years.

Gigi was born intersex (hermaphrodite). Shortly after birth, doctors performed sexual reassignment surgery. Gigi has been active in the Transgender community, the bisexual community, the BDSM community, and other diverse alternative artistic communities. S/he has studied human sexuality in both undergraduate and graduate studies programs. Gigi is a hermaphrodite and identifies as being pansexual. Gigi has presented many diverse workshops for bisexual conferences, pagan festivals, BDSM events, and for other alternative communities. S/he has presented information in college courses as an invited speaker.



Gigi was a co-producer of AfterHours, Queer Radio With Attitude, KPFT 90.1 FM, a radio program that provided information about human sexuality and alternative lifestyle choices. Gigi had been on the air for over 25 years and has covered many diverse topics centered on human sexuality, BDSM, and sacred sex. The radio show provided sex-positive information about human sexuality and alternative lifestyle choices.

Ladyboy Gigi produced a podcast on iTunes called Adult Bedtime Stories. Adult Bedtime Stories is a show dedicated to bringing sacredness back to our sexuality and to learn about everything sexual. Allow the beautiful sexy creature within you to emerge. Each week the focus of the show was on different sexual topics designed to enlighten you so you develop more fully as a sexual being. This is the sex education that you didn't receive in high school, but should have.

Now, more than since the human rights movement of the 1960's & 1970's, age appropriate sexual education and the sex positive movement are vitally important. Even young married couples are not provided an adequate sexual education.

At Raven's Lair, we believe that all adults should have access to adult sexual information that is safe, accurate, and explicit.

Good sex is not an activity that we know instinctually, it is an art that needs to be learned and developed.

We present adult materials with a sex positive attitude and value system. if you want to start living a sex positive lifestyle free of shame and guilt, these training materials are for you.

For these reasons, Ladyboy Gigi and Raven's Lair are providing free sex positive educational videos on YouTube and [Raven's Lair's Website](#). The videos include free transcripts & workbooks designed to help people live a sex positive lifestyle.