



The Body Image Healing Training Program

Action Step 2

Attitudes & Values 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.



Attitudes & Values

Examine your values and attitudes. Write down what you value and attitudes you have formed in your life. How are these attitudes and values serving you? Are there negative attitudes and values that are sabotaging your life experience? What new attitudes can you adopt that would serve you better? As you examine your attitudes, focus on how you approach life. Is life a sense of adventure or filled with duties that you have to perform? Do you make time to experience your passions and desires? How would you like to change your attitudes and values so that they serve you better?

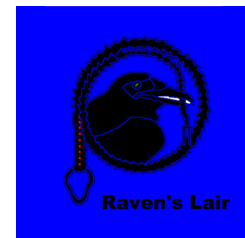


A sex positive altar is a great way to improve attitudes and values around sex.

Below make a list of attitudes and values. Include things you value and things you would like to value.

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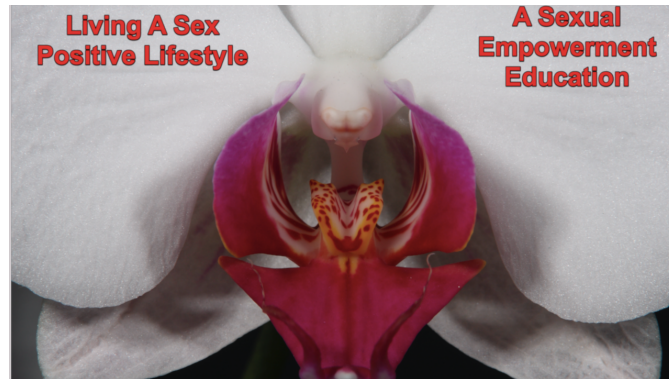
This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Attitudes & Values Worksheet

Some sample values are listed. Include value items (above) that you currently have as well as value items that you desire to incorporate into your life. Place an X on the attitudes and values you currently have formed in your life. Place a + on the ones you want to incorporate into your life. Place a - on the ones that are not serving you. Each value can have more than one symbol.

Humor Partnership Service Excellence Focus Recognition Accomplishment Success Adventure Zest for Life Famous Aesthetics Participation Collaboration Personal Power Connectedness Comradeship Healthy Friendship Family Family of Choice	Spirituality Full Self-Expression Creativity Nurturing Beauty Risk Taking Elegance Trust Directness Productivity Contribution Free Spirit Romantic Harmony Orderliness Honesty Spontaneous Wealthy Artistic	Accuracy Lack of Pretense Tradition Growth Performance Love Community Freedom to Choose Acknowledgment Lightness Empowerment Integrity Sex Independence Joy Authenticity Peace Vitality Energetic
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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.



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