

**Show Title:** Body Image Healing Training Program Part 3 of 5

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### **Transscript:**

Hello & Welcome! You are listening to another episode of Adult Bedtime Stories. I am Ladyboy Gigi.

Tonight we are covering The Body Image Healing Training Program Part 3 of 5. In this training we will cover Alluring Attire & Being Sexy, Mind Talk, and Competition. By dressing sexy, we can improve the image we have of our body. We explore what Mind Talk is and how it can serve us better. Discover how competition can help us develop and grow.

As you go through the training, think about how you can apply these concepts to your life. When I explored these concepts, I did not have a structure to follow. I just plowed through. The action steps do provide a framework and structure that will guide you through the process.

In this training, there are 3 Action Steps for you to download and complete after the training. These Action Steps are a way to explore, question, and change how you would like to impact your life.

Be sure to get the Action Step Exercises which will be included in the free downloads on my website. Be sure to download all the materials and complete the Action Steps after the show. The website is at [ravenslairleather.com/podcast](https://ravenslairleather.com/podcast).



## Body Image Healing Part 3

By  
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In this training session, we cover Alluring Attire & Being Sexy, Mind Talk, and Competition. By dressing sexy, we can improve the image we have of our body. We explore what Mind Talk is and how it can serve us better. Discover how competition can help us develop and grow.



## Raven's Lair

Creating a Sex-Positive World  
Through Adult Education and  
BDSM Performance Art

### Body Image Healing Training Program Part 3

#### Alluring Attire and Being Sexy

A part of feeling sexy and being sexy is to dress sexy. I am not promoting dressing sexy all the time, although if you are into dressing sexy regularly, go for it.

I remember the first time I dressed up in a sexy outfit. Since I did not know how to dress sexy, I asked a friend who dressed in attractive clothes to help me, so we went shopping together. At first I felt foolish wearing sexy clothes. It was new to me and I felt like I was in a spotlight. My first thoughts were "this is too much." But my friend convinced me to try it out anyway and told me that I looked great.

So, I wore my new outfit to a party. At first I felt peculiar. It didn't feel like me. Then I started getting compliments and people took notice. By the end of the party I felt great and I discovered a new aspect of myself, a sexy beautiful person emerged.

After that, I started getting more outfits to wear for special events. I still like to wear jeans and a tee shirt most of the time as they are comfortable to wear. But when I want to bring out my sexy self, I dress up.

In addition to dressing up, I started exploring other ways to enhance my sexy look. Everything from curling my hair to wearing make-up and doing my nails were other elements to add to create an even sexier look.



By dressing sexier, I noticed my sexy self-emerging. It was more than just the clothes and physical things, a part of me I never knew existed came out in my personality. I became alluring, mysterious, and discovered my own unique form of self-expression, a sexy self-expression. For the first time in my life, I felt sexy, attractive, and beautiful.

## Action Step 4: Shopping

Be sure to complete the Shopping Exercise that is included in the Body Image Healing Exercises.

## Mind Talk

Mind talk is the things we tell ourselves. Often, we are not consciously aware of our mind talk. What is important about mind talk is that it influences how we view the world and often becomes a self-fulfilling prophecy.

For example, due to having ADHD and Dyslexia, I used to tell myself the following: “No matter how hard you try, you are just going to fail.”; “You will never amount to anything.”; and “I can’t succeed at college, don’t even try.” This is just a few things I used to tell myself. There was a whole lot more and most of it was very degrading and negative. Much of my mind talk centered around feelings of inadequacy and feeling unattractive, actually being ugly and socially awkward.

Fortunately, I had a friend who taught me to become more aware of my mind talk and question if it is true, question where did it come from, and is this something I should be telling myself.

So, I started asking myself these questions as I became more aware of my mind talk. I discovered that most of it came from what I was told as a child. As I questioned the truth of the mind talk, I discovered it wasn’t true.

So, I started changing my mind talk. When I found myself saying “No matter



how hard you try, you are just going to fail”, I replaced the statement with a true statement. The new statement I told myself was “If you try in the same way as others, you may fail, but if you use techniques that work for you, you can succeed. It is not about trying hard, it is about working with the methods in which you are gifted. You just sometimes have to take a different approach.”

Another example is the negative college statement. I replaced it with “If other people can learn this, then so can I. It may take me longer and I might have to take a different approach in my learning methods, but I can learn as well as others.”

At first I felt silly making these statements to myself. I thought what is the point of all this. Then my friend challenged me to do this for one month and see if I notice any changes. Then he asked me if a friend were to tell you the things you tell yourself, how would you feel about that friend? Why not be a better friend to yourself and try this out?

By questioning and changing my mind talk, I was able to succeed and my self-confidence grew strong. Changing my mind talk transformed my life. When I started applying this technique to my sense of being a scrawny, unattractive, and unworthy person, I transformed into a sexy loving human being worthy to give and receive love. Instead of telling myself “your arms and legs are too long and you are too scrawny”, I questioned the mind talk asking is this true. Where did this come from? I realized that I am skinny and came up with a new mind talk statement. “My arms and legs are elegant in their length and I am graceful in my movement.” Later I added this statement and other rephrased mind talk to my own personal morning affirmation statements, which I will cover shortly.

Our mind talk is powerful and what we tell ourselves, we become. After changing my mind talk, I began to feel attractive, elegant, and graceful. It motivated me to take a modern dance class which made me even more graceful in my movement.

## Action Step 5: Mind Talk

Be sure to check out the exercises on identifying, questioning, and scripting new mind talk.

## Competition

In our society, we are taught to value competition, comparisons, and judgements. While these may be good for business, sports, and professional life, they are toxic for our personal development. Yet, I am still not sure if competition is good in any context.

Competition is a zero-end game. For example, in a competition if there is a total of eleven points that can be earned by the contestants and if a contestant earns six points, then the rest of the contestants have five points left to compete and win the remaining points. In a zero-end game there is only one winner and everyone else loses.





Competition, comparisons, and judgements are a bad measuring tool to use when it comes to personal development, body image, and beauty. If there is only one winner, does that mean that everyone else loses? Does that mean that everyone else is not beautiful? Of course not.

We are each unique and have a different set of abilities, gifts, problems, inabilities, and life circumstances. How can all these differences be taken into account in a competition to determine a winner. Which differences would be considered as a measure for the competition. How can we compare two things that are different? If each of us are truly unique, then by definition we each are different.

A better approach would be to measure each person's progress. Then, each contestant can win eleven points and every contestant could be a winner.

While we do have similarities, when taken as a whole, the only accurate measuring stick is to compare our self with our self over time. A better and more accurate measuring stick to use is to measure how have we grown, improved, and developed over time? Isn't that where real winning occurs, when we each strive to reach our full potential and become skilled and proficient in the process.

## Action Step 6: Competition Exercise

Begin the process of competing with yourself. Pick one item in your life that you would like to improve upon. It can be anything from learning how to cook a new dish to learning how to swim. It could be a personal development skill. Whatever you are interested in learning, choose the skill and investigate what is needed to learn the skill. What skills and abilities would you want to learn? It can be something small or large. If it is a small item, practice it for the time period you need to master the skill.

If it is a large item, break it down to simple steps that you can achieve each step one at time over a longer time period. For example, if I wanted to learn to type by touch, I would focus one day on practicing a small set of characters on the keyboard and through practice, becoming proficient with just a few characters, not trying to learn the whole keyboard. Once I mastered one set of characters, I would start on another set and master them before moving to the next set.

## Conclusion

In this training, we covered Alluring Attire & Being Sexy, Mind Talk, and Competition. In Alluring Attire, dressing sexier can be achieved through the help of a friend or if need be hire a Fashion Coach.

Mind talk can be a self-destructive force or a self-fulfilling prophecy that helps us succeed. By identifying negative mind talk, questioning & checking it out, and rewriting a true mind talk statement, we can set our self up for success.



Competition in our sex negative culture is a Zero-Sum-Game. There is a better method that turns competition into a self-supportive activity. Learn to compete with your self over time, striving to improve skills, abilities, and knowledge.

In our next edition of Body Image Healing, we will cover Charisma, Self Confidence, The Victory Stance, and Sexual Affirmations.

## End of Body Image Healing Training Video Transcript

## Station Break:

And now we are to station break. If you already haven't done so, be sure to download The Body Image Healing Training Program Part 3 transcript, and Action Steps 4,5, & 6 Exercise workbooks. They can be obtained at <https://www.ravenslairleather.com/podcast>.

## Review & Highlights:

While I have completed the shopping exercise several times, I even hired a fashion expert a few years ago. It wasn't as expensive as I thought it would be. People have commented on how they really love how I look when I get dressed up.

I have also designed and created several erotic leather outfits. When I wear them, I feel sexy. I love the smell and feel of leather. In the photo of me sitting on the spanking bench, I attached small bells on the fringe at the bottom of the halter top. When I dance around the revels fire at pagan festivals in this outfit, the bells tinkle and I feel my sexy faerie nature emerge.

The mind talk exercise helped me to discover where my negative mind talk came from. It helped me realize how toxic people can be when one has an invisible disability. Being Dyslexic and ADHD during the 60's and early 70's was a time when few knew about learning differences in the school system. By the time I finished high school, my mind talk reflected the toxic attitudes. Once I identified where it came from and that it was not true, I felt like I was amazing having accomplished so much with severe disabilities. For the first time in my life I felt a sense of pride within myself.

In Action Step 6 on Competition, I discovered new passions and skills. Some of my skills I discovered by accident when I was in boy scouts. Some I discovered when I went to my cousin's beach house. The skills I discovered in boy scouts included starting a campfire, cooking, rope & knots, using an axe, and climbing tall pine trees. Some of the skills that became some of my favorite passions I learned at the beach house. They were horseback riding, sailing, and surfing.

I am really bad at many sports due to having bad eye - hand coordination which is one of my learning differences. Yet I was a natural when it came to surfing, sailing, and horseback riding.

I mention this because there are potential skills in each of us that we are not aware of until we try a new activity. Take time to explore new activities as you complete the competition action step. You may discover a new passion that you otherwise never would have explored.



Beauty is far more complex than the Hollywood concept of beauty. In part, beauty is about frame of mind, passion, and skills. By exploring these areas of life, self confidence can improve as we go through the process.

This concludes this edition of Adult Bedtime Stories and The Body Image Healing Training Part 3. In Part 4, we will cover Charisma, Mindfulness, The Victory Stance, and Sexual Affirmations. See you in the next training.

### Show Links:

<https://ravenslairleather.com/podcast>

### Short Description:

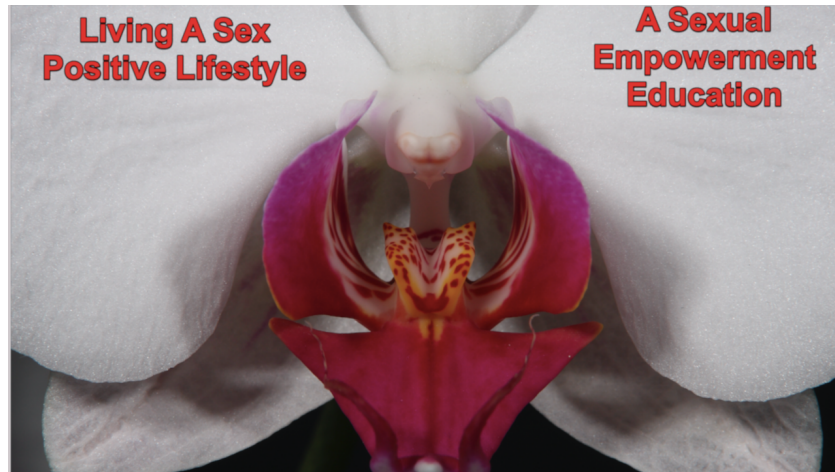
How do you feel about your body? Do you feel beautiful & Sexy? If not, it is not your fault. We live in a sex negative culture and are influenced by sex negative social conditioning.

Tonight we are covering The Body Image Healing Training Program Part 3 of 5. In this training we will cover Alluring Attire & Being Sexy, Mind Talk, and Competition. Discover how these elements can impact our beauty and being sexy.

We love to hear your comments and suggestions so please take a moment to give us your feedback.

Be sure to subscribe to the show.

**Producer:** Ladyboy Gigi



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://www.patreon.com/LadyboyGigi>