



The Body Image Healing Training Program

Action Step 14

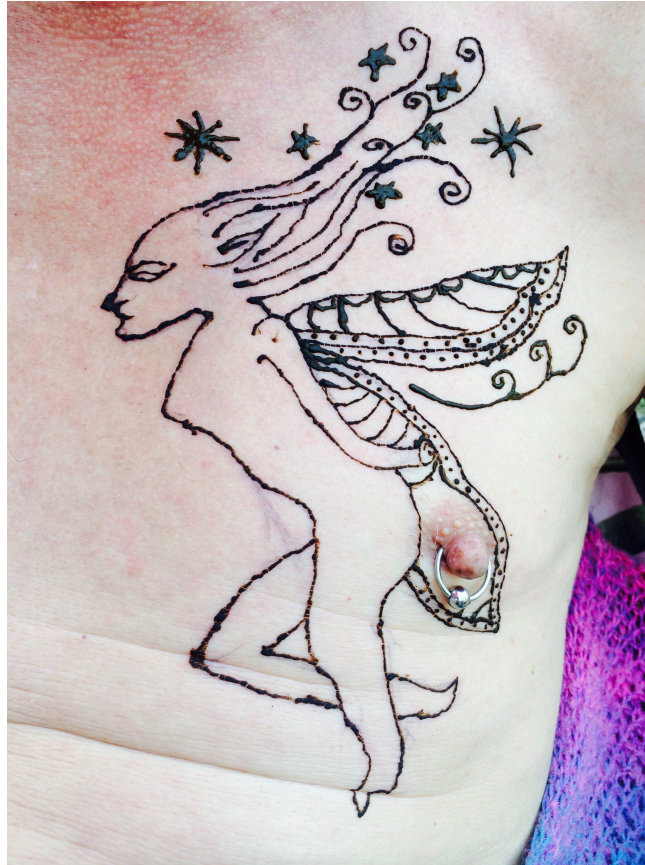
Story Telling Exercise



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.



Story Telling Exercise

Pick an area in your life that you have overcome a difficulty or solved a life challenge. You can either write a story or review the situation in your mind. Pick a friend or lover and share your story with that person.

We all have been through pain and suffering at one point or another. We have all struggled with some of the things that occur in life. It is through these struggles that we have learned and grown.

By opening up and sharing our life lessons we show that we are vulnerable and human. We are not perfect. Yet, we strive to improve. Think about some of your difficult life lessons. What did you learn? How did you grow?

It is here that we can discover some of our meaningful stories. By sharing our stories with others, we shine brighter. Story telling is a part of our evolution. It is a powerful

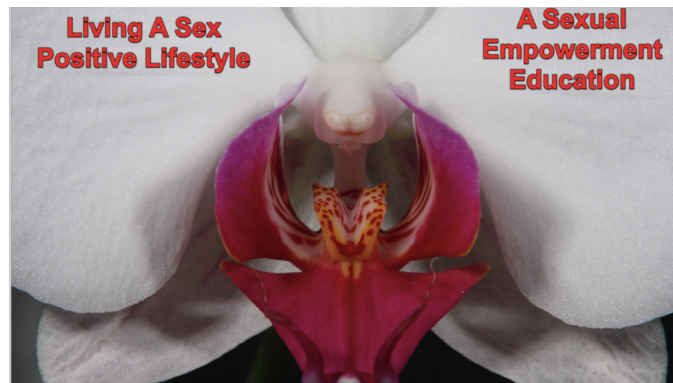


way to shine out as beautiful human beings. So, I end with storytelling as a tool to enrich our beautiful essence.

Write your story that you would like to share:

[illegible]

[illegible]



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.



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