



The Body Image Healing Training Program

Action Step 8

The Victory Stance 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.



The Victory Stance

The Victory Stance Exercise

One great example of the victory stance is when a person has just won an event. They raise their arms and either verbally or silently exclaim their success. In the victory stance, a person will expand their body and jump or dance.

Think back to a moment in your life when you felt the moment of joy in accomplishment. What posture did you assume with your body? What were your thoughts at that moment? What were your feelings? For a moment, visualize every detail of that experience. As you visualize the event from your past, assume the posture and express your victory. Notice how you feel by re-experiencing that moment as if it just occurred.

What was the moment in your life when you felt the moment of joy in accomplishment:



What were your thoughts at that moment? What were your feelings?

By assuming the victory stance, your body releases a whole set of chemicals in the brain which will not only elevate your self-confidence, but also bring about feelings of euphoria and a sense that there is nothing you can't accomplish. As these feelings surge through us, we project our self in such a way that attracts other people around us.

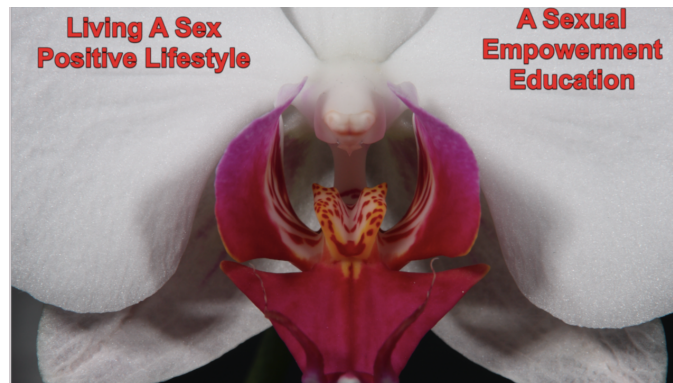
Whenever you need a self-confidence boost, perform the victory stance. It is a great tool to use when you are about to step into the spotlight so to speak. I use it just before I teach a class or put on a presentation. It also helps with job interviews.

What are some of your activities where you could use a confidence boost:

Before you engage in an important activity or presentation you are giving, learn more information about the challenge, perform the victory stance and visualize yourself succeeding with meeting the challenge before attempting the activity.

What do you need to learn or improve skills in order to succeed in your important activities:

Remember to utilize the Victory Stance in the moments when you need to shine brightly!



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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