



## The Body Image Healing Training Program

# Action Step 4

## Shopping 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.



## Shopping Exercises

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.



## Instructions

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."

Part of the focus of these exercises is to get in touch with how we appear in what we wear. As you do the shopping exercise, think about how you want to present yourself to the world.

## Shopping Exercise

Think about your friends and relatives and select one who has good fashion sense and dresses in attractive clothes. Ask them to assist you in a project to help you discover a whole new look for you. Let them know you want to explore several sets of outfits that will make you look sexy, attractive, and improve your wardrobe.

Have them go to several shops with you that sell sexy clothes. For your first shopping experience, just window shop and try on different outfits, especially outfits your shopping partner recommends. As you explore different sexy items, pay particular attention to outfits that make you look commanding, beautiful, and sexy. Check out a variety of styles of boots, clothing, and accessories. Take your time to find exactly the look that you want to bring out that is a sexy look for you. Take pictures of each outfit you try on.

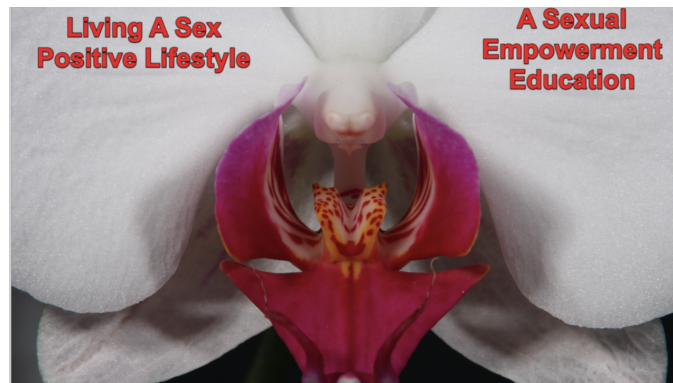
List the outfit and accessories that will provide the look that you want that is a sexy look for you.



After a few window shopping expeditions, go through all the photos you took with your shopping partner. Select one outfit that looks sexy and stunning. If you have the resources, purchase it. If not, have the shop put it on layaway and put some money aside from each paycheck until you can afford the outfit.

Once you purchase the outfit, host a party, dinner party, or attend a special event. Don't wear the outfit until the event. For the event, wear your new outfit. As the event unfolds, notice how you feel wearing your new outfit. As people compliment you, be sure to thank them and fully receive the compliment. Take it in, as this is the new sexy you that is emerging.

A day or two later, review your shopping pictures and see if there are other outfits you would want to add to your wardrobe.



## 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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