



## The Body Image Healing Training Program

# Action Step 1

## Identifying Beauty 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.



## Identifying Beauty Exercise

Explore your concept of beauty. Identify at least 5 details of beauty that stand out for you each day for a week. These can be little things like the shape of a friend's smile, the way a person walks, an outfit you find attractive. Discover the things you find beautiful in other people.



*What do you find beautiful?*

On the worksheet you can use photos, descriptions, and drawings. Have fun with this and be creative. This exercise will help you in some of the next exercises in the training program.



# Identifying Beauty Worksheet

List 5 details of things you find beautiful:

## Day 1

Item 1:

Item 2:

Item 3:

Item 4:

Item 5:

## Day 2

Item 1:

Item 2:

Item 3:

Item 4:

Item 5:

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## Day 3

Item 1:

Item 2:

Item 3:

Item 4:

Item 5:

## Day 4

Item 1:

Item 2:

Item 3:

Item 4:

Item 5:

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## Day 5

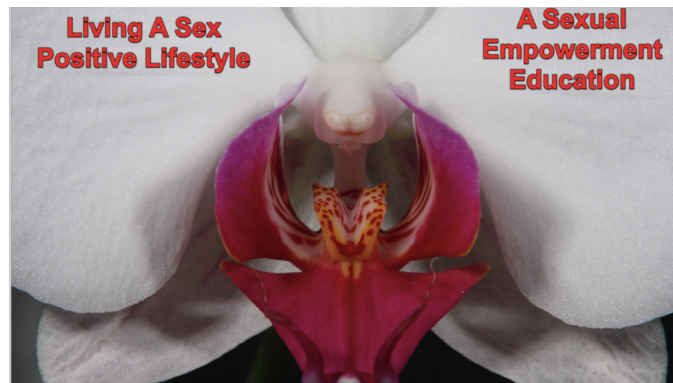
Item 1:

Item 2:

Item 3:

Item 4:

Item 5:



## 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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