

# Exercise Nineteen

## BODY POSITIVITY & GIRL BONER BLISS

*No matter your shape, size, gender, ethnicity, abilities, responsibilities, or age, you are worthy of pleasure.*

---

“*LIGHT OFF, PLEASE*” MAY not be most couples’ idea of sex talk, but the phrase was nearly as commonplace in our sex life as kissing or touching. I’m not sure if my first boyfriend *ever* saw me fully naked. Instead, I found solace in darkness while concerns about my physique lingered until arousal swept me toward orgasm.

Once I began cultivating sexual empowerment, this completely changed. I no longer wished to starve the body I had newfound respect for or hide away in my cloak of darkness. While I still had my share of insecurities and a great deal to learn, I felt deeply worthy of pleasure. As a result, I began to better recognize and express my desires, move and even moan more freely, and allow my body to be seen as the pleasure-worthy wonder it was. Perhaps body respect is the best “foreplay” there is.

You don’t have to “love your body” to have a fabulous sex life or invite Girl Boner bliss o’ plenty. If you prioritize sexual pleasure, however, I can almost guarantee that your body image will improve in tandem.

*How has your body image influenced your sex life?*

*How do you feel about your body during and after sex? Answer in general terms or choose a specific experience.*

*What would you like to improve in these areas?*