

NAKED TRUTH



A MAN'S JOURNEY TO
BODY ACCEPTANCE AND
SEXUAL
EMPOWERMENT

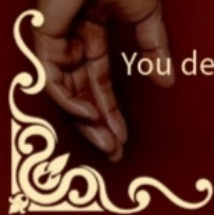
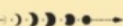


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"If you dont like
how you look
change it! Stop
complaining, and
beating yourself
down."



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You define your beauty!



"Celebrate being sexy at any body size."



Contents: Things we will touch up on in this ebook.

Body image conversation

Focusing on selflove

Body image affirmations

Challenging what you know

Get back to the core you: building self love

How to love your body

The rap up/ conclusion

Feeling comfortable and confident in your own skin, especially naked, is a journey, not a destination. For men, societal pressures and unrealistic ideals often make this journey feel particularly challenging. But embracing your body, flaws and all, is crucial for genuine self-love and sexual well-being. This guide provides 21 actionable steps to help you cultivate a positive body image and feel sexy in the nude. It doesn't matter how old you look or what body type you have—loving your body is important. Your beauty isn't defined by social media, it's defined by you!

***"Get naked and find one thing
on your body you like."***



What Is Self-Love & Why Is It Important?

Loving yourself involves embracing your entire being, including your strengths and weaknesses, triumphs and challenges, successes and mistakes. Self-love is a healthy and stable self-concept based on your own ideas, observations, and values, rather than others' opinions and judgments. Self-love is foundational to your mental health and well-being.

You become more vulnerable to physical and mental health problems when you rely on others to shape how you feel about yourself. Compliments are nice from others, but being able to compliment yourself is a whole nother level of self acceptance.

***"Confidence looks good on
you. It's the sexiest thing
anybody can wear."***



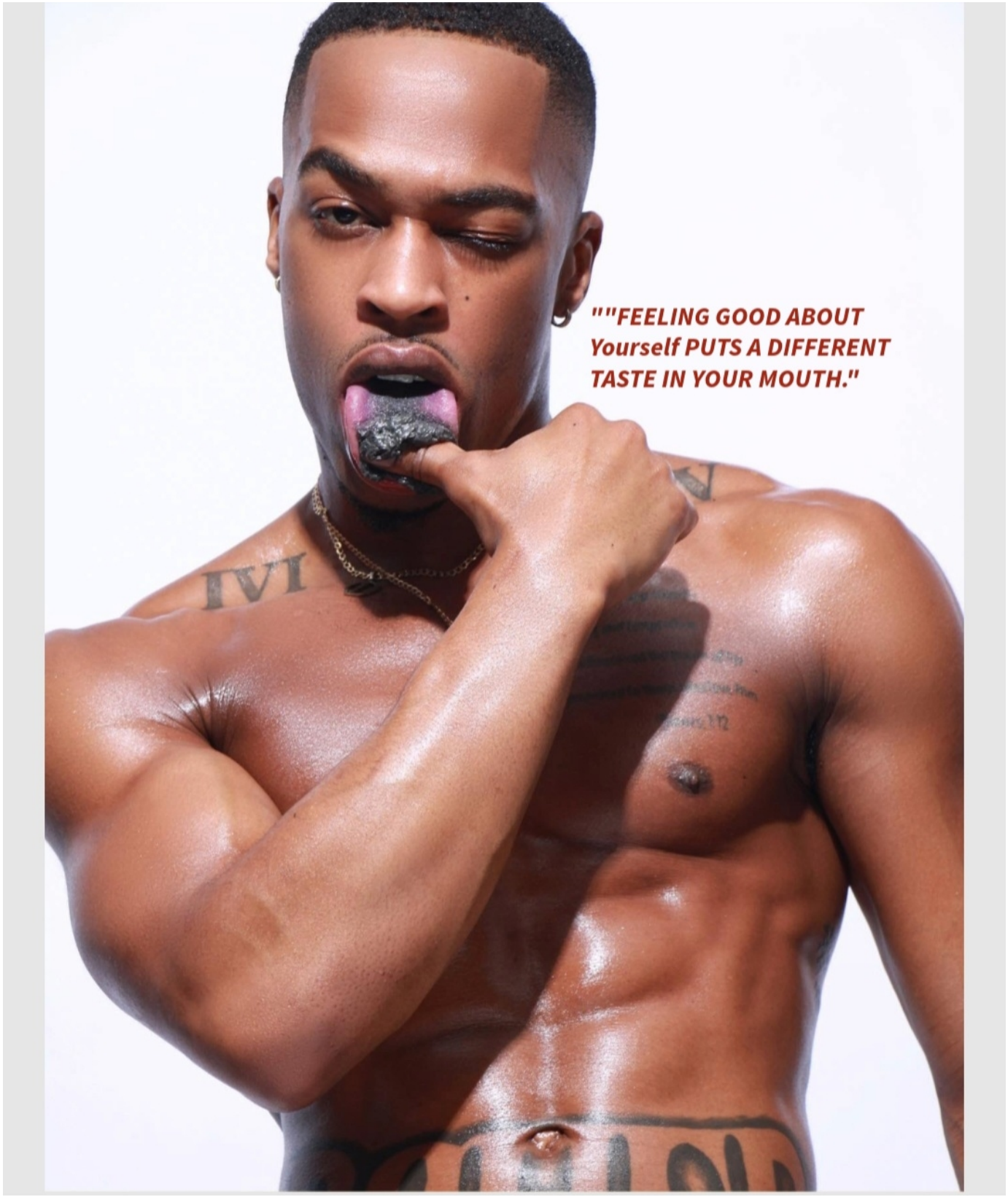
According to the National Eating Disorder Collaborative (NEDC), body image is a combination of thoughts and feelings you have about your body. There are pillars of body image:

Perceptual body image: the way you see yourself

Affective body image: the way you feel about yourself, which often relates to how you feel about your weight, body size, or shape.

Cognitive body image: the way you think about yourself, which may include thinking about your body or weight often.

Behavioral body image, or the behaviors you engage in because of your body image, which may include dieting or exercising to lose weight or change your body. I believe if you don't like something about your body, you should fix it. Let's stop beating ourselves down over it. Rather you're 120 pounds or 400 pounds—you're body is uniquely beautiful & it's yours, so who better than you to love it than you...



**""FEELING GOOD ABOUT
Yourself PUTS A DIFFERENT
TASTE IN YOUR MOUTH."**

What Are Positive Body Image Affirmations?

An affirmation, or a mantra, is a saying you can use to help ground you in a moment or as a daily saying to help change your thought process and beliefs about yourself.

Mindset is everything, therefore changing your mind about yourself is something you have to work on. You have to get what others told you out of your head. Any negative thing you ever heard—start cleaning it out of your mind. It's easier said than done, but with time you can achieve it!



**"EVERY CURVE, BUMP, LUMP, BRUISE,
STRETCH MARK OR TATTOO IS
BEAUTIFUL ON YOU. I JUST WANT YOU
TO KNOW HOW FUCKIN SEXY YOU
REALLY ARE!"**

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The four types of body image affirmations we use in my practice Body positive affirmations:

affirmations that aim to help you love your body more and feel more positive about it regardless of its shape or size. If you're in a space of really hating your body, these may feel very unapproachable to you.

Gratitude affirmations: a more approachable form of positive body affirmations that help you move from seeing your body as an ornament that's meant to look a certain way to an instrument that helps you achieve things.

Body neutral affirmations: Affirmations that shift your value from your body to the many other things you offer as a human to this world. Ultimately they take the focus off of your body size so you can think about it less.

Functional body image affirmations: A specific form of body neutral affirmations to remind you of all of the things your body does for you on a daily basis

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How Body Image Affirmations Can Improve Your Body Confidence

If you've never used them, affirmations may sound a little woo-woo or like something used in counter culture. However, they're actually a science-backed technique that can change neural pathways and truly shift how you think about yourself.

Affirmations have been shown to improve self-esteem and social and mental health. Self-affirmations also reduce body dissatisfaction

Body image affirmations are a helpful tool to shift how you feel about your body. Will they make you feel more confident overnight? No.

But when used in conjunction with other tactics like practicing body respect, it is possible to improve your body image over time and even get to a point of feeling confident in your body.

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Here's how affirmations can help with each of the four types of body image:

Perceptual body image: by shifting your mindset about what is attractive, beautiful, or lovable, you can see your body for all it has to offer.

You may also learn to focus on the parts of your body you really appreciate and love.

Affective body image: affirmations can help change the way you feel about different parts of your body and help you feel more satisfied in the body you have.

Cognitive body image: moving away from thinking about your body all the time and being able to move out of a challenging body moment more quickly.

Behavioral body image: learning to respond to how you feel about your body with respect instead of through unhealthy behavior like restriction.



How to Use Body Image Affirmations

The two most helpful ways to use body image affirmations are as a daily practice and in a challenging body moment. But ultimately it's up to you to use them how you'd like—there's no right or wrong way to do it!

Creating a daily affirmation practice

Choose a time of day when you will repeat one affirmation that speaks to you. Morning is a great time because it sets the tone for the day. You may also like to do this in the evening as a way to close your day.

You'll probably want to have a handful of affirmations that resonate with you to rotate for this. You may want one for each day of the week or month. You can choose from the list below or come up with your own. Once you've chosen your affirmations, write them down. You can use a notebook, note cards, sticky notes, or the notes app in your phone. Just choose a form and place to store them that is easy to access.



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At the time you've decided to practice saying your affirmations, just say it to yourself. It can be helpful, especially in the beginning. So look in the mirror and repeat it up to five times.

Rotate in new affirmations if the ones you've originally picked out don't actually resonate as you use them.

Using body image!!

Using body image affirmations during challenging body moments

Everyone experiences challenging body moments or days. It might be triggered by something obvious like looking in the mirror, trying on clothes that don't fit, or seeing yourself in a picture.

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Other triggers for negative body thoughts may not appear as related, but can still have as strong of an effect. This could include a particularly stressful day, a fight with a friend or family member, or the anticipation of an upcoming event.

When you notice yourself feeling particularly bad about your body or something just feels off-repeat one of the affirmations you've selected.

You may even want a different list of affirmations for these moments because you may need to hear something different when you're feeling terrible about your body than you do at the start of your day.

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What to Expect When You Start Using Positive Body Image Affirmations

If using body image affirmations is a new idea for you, here's what you can expect when you start. It's going to feel weird as fuck!

Everyone's experience with body image affirmations is unique. But most people feel a little strange and uncomfortable using them at first—this is normal!

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If you've spent years (or even decades) bashing your body, shifting to positive or even neutral language is going to feel different. Don't let this keep you from practicing.

When working with women in my practice on body image, I usually recommend they try affirmations for 30 days. If after that amount of time it's not helpful, then it may not be a useful tool for you.

Body image affirmations can be used by anybody, but that doesn't mean they are helpful for everybody.

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It takes time and practice to “work”

When you first start using affirmations or mantras, you may not even believe what you're saying. It can even give you a little bit of imposter syndrome. Keep at it.

Regularly repeating your affirmation will eventually change the way you think. It's ok to fake it until you make it!

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40 Affirmations to Support Positive Body Image

**The following lists are ideas to
get you started. Choose a few
that resonate with you most
and start practicing today.**

Top Affirmations to Improve Body Image

- 1 My body is the least interesting thing about me
- 2 Anyone who doesn't see me for more than my body is not worthy of my time
- 3 I'm grateful for my [insert body part] can [insert what it does for you]
- 4 My body is unique and doesn't need to look like anyone else's
- 5 My worth has nothing to do with my appearance
- 6 My body takes me places

Body Positive Affirmations

My body is unique and does not need to look like anyone else's.

I acknowledge my imperfections, and am at peace with them because they make me who I am—and that is amazing.

No one has the power to make me feel bad about myself without my permission.

I am learning how to love my body.

My body has overcome many feats and shows its beauty.

I am allowed to take up space.

My body is worthy.

I am beautiful just the way I am.

My body is a gift.

I do not need to change my body.

Anyone who doesn't see me for more than my body is not worthy of my time.

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Gratitude Affirmations

I'm grateful for all my body allows me to do I'm grateful for my [insert body part] can [insert what it does for you] My body is my home and I will build it up, not tear it down I don't have to feel positive about my body to appreciate everything it does for me I am thankful for the food I eat for nourishing my body and giving me energy Thank you body for serving me in _____ way today Thank you body for taking care of me today I can have a challenging body image day and still show up for my body by [insert ways you take care of your body]. Need ideas? Check out 15 ways to respect your body.



Body neutral affirmations

My worth has nothing to do with my appearance

My worth is not defined by my weight. I define my worth and I am worthy.

My value as a person has nothing to do with my body size or my weight.

I am enough, just as I am.

My body is deserving of love and respect.

My body deserved to be nourished even if I don't love the way it looks.

Life doesn't start X pounds from now. It's happening now. I made the choice to include myself in it.

I cannot change my body in this very moment, so there's no sense dwelling on how I think I look.

I will not sacrifice my wellbeing to be a certain size

I am so much more than my body I am working towards accepting my changing body



Strength and Resilience:

Aa men we need a certain kind of affirmation for different parts of how we feel. Here are some build back strength affirmations.

I draw strength from within, even in tough times.

I am resilient in the face of challenges.

I am strong, both mentally and physically.

I have the power to overcome any obstacle.

I am unbreakable in spirit.

I face adversity with courage and confidence.

I am a warrior, capable of handling anything.

I am tougher than any challenge that comes my way.

I rise above difficulties with grace and strength.

I am a pillar of strength for those around me.

I am steadfast and unwavering in my pursuits.

I am unshakable in my resolve and determination.

I overcome obstacles with unwavering resilience.

I am a fortress of courage and fortitude.

I transform challenges into opportunities for growth.

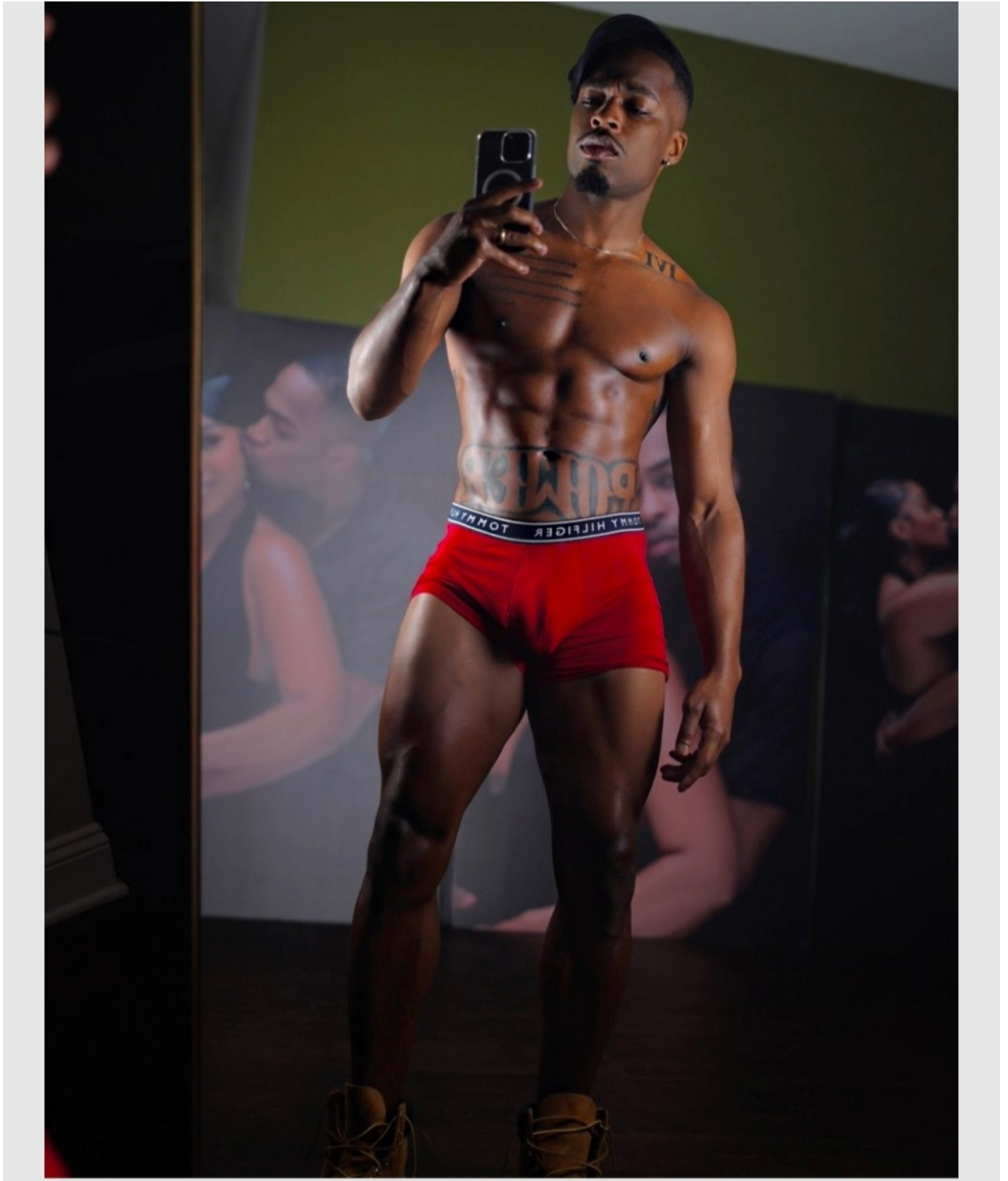
I navigate uncertainty with unwavering strength.

I am a source of support and stability for others.

I persist in the face of adversity.

I cultivate inner strength through perseverance.

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I stand tall, grounded in my resilience.

I am empowered by the lessons challenges bring.

I embrace hardships as stepping stones to greatness.

I am unyielding in my pursuit of my goals.

I bounce back stronger from every setback.

I have the strength to conquer any storm.

I am a beacon of resilience, inspiring others.

I carry the strength of a thousand warriors within me.

I remain unwavering in my commitment to success.

I find power in moments of vulnerability.

I am a testament to the strength of the human spirit.

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This journey towards self-acceptance and body positivity is deeply personal. Remember that progress, not perfection, is the goal. By consistently practicing these steps, you can cultivate a more loving and accepting relationship with your body, ultimately feeling more confident and sexy in your own skin.

I want you to get the point that nudity is like wearing clothes. All our bodies are different, there is no one size fits all. So love the body you came with.

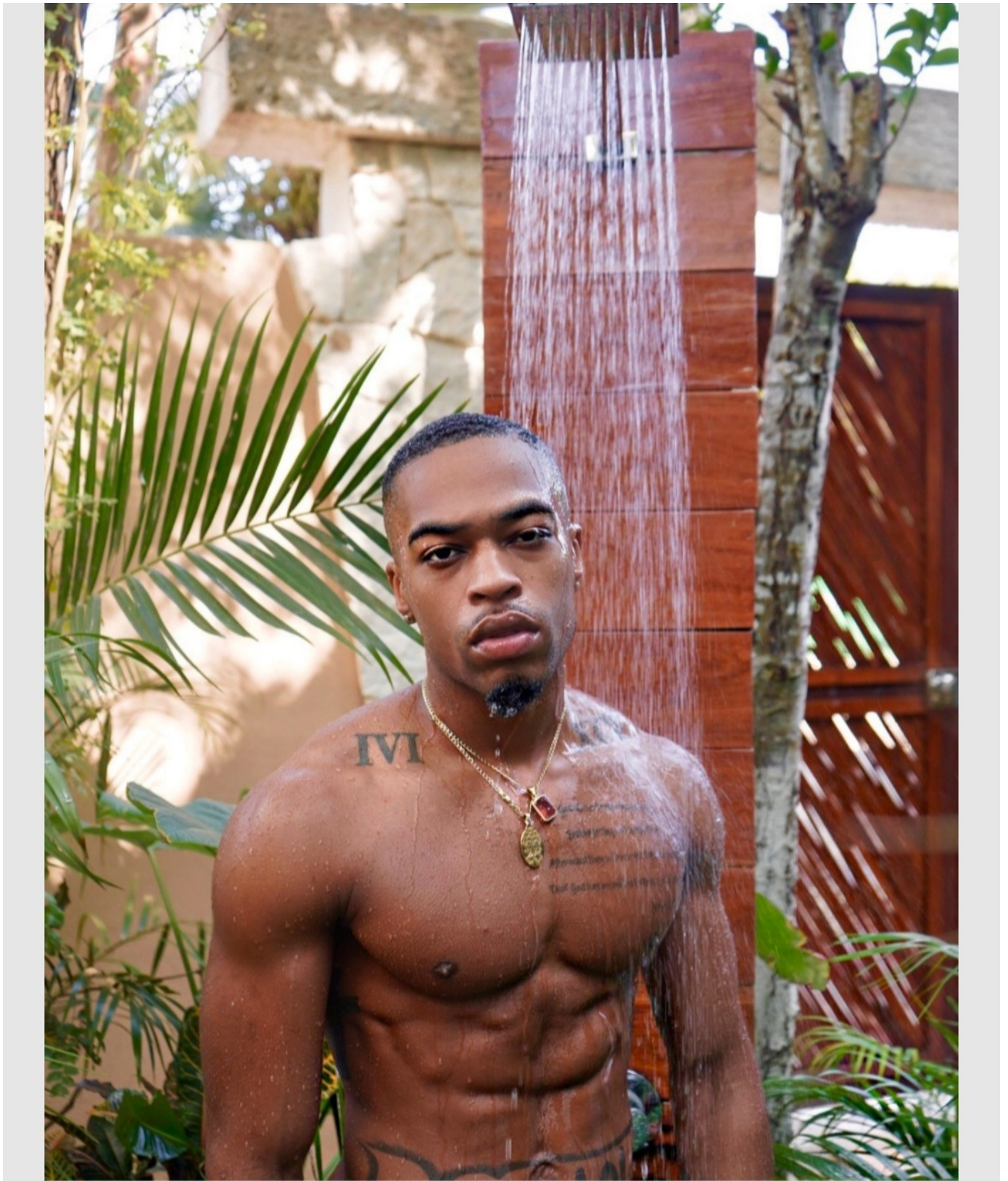
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Five things you should do daily to fall in love with your nude body:

- 1. Pick three favorite songs and dance naked to them. Rather you're in the bathroom, bedroom or the hallway- carve out ten minutes a day to dance in all your glory.**
- 2. EXERCISE in the nude for 15 to 30 minutes three times a week: squats, push ups, jumping jacks, and running! Any workout that keeps your body toned and your dick swinging-will make you feel sexy and actually quite turned on.**
- 3. MEDITATE in the nude.**
- 4. Look at yourself nude in the mirror five minutes a day and tell your body you love it until you actually look in it one day and mean it.**
- 5. Jack off/ masturbate once a week completely nude-socks off too! Keep the light on as you stimulate yourself and look at your own body. You can incorporate a full length mirror in this sexercise.**



Cultivating Self-Acceptance:

Challenge Negative Self-Talk: Become aware of your inner critic. When you catch yourself criticizing your body, actively challenge those thoughts with positive affirmations. Replace "I hate my stomach" with "My body is strong and capable."

Practice Self-Compassion: Treat yourself with the same kindness and understanding you would offer a friend struggling with body image issues

Focus on Function, Not Form: Appreciate what your body can do – its strength, endurance, and ability to experience life.

Identify Your Strengths: What do you like about your body? Focus on those aspects and let them build your confidence.

Unfollow Unrealistic Ideals: Stop following social media accounts that promote unrealistic body images.

Surround Yourself with Positivity: Spend time with people who support and appreciate you for who you are.

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The spice of
life!



II. Exploring and Accepting Your Body:

Regular Self-Examination: Get comfortable looking at your body naked in the mirror. Start with short periods and gradually increase the time.

Touch and Explore: Gently touch and explore different parts of your body. Pay attention to the sensations without judgment.

Take Naked Selfies (Optional): This can be a powerful tool for self-acceptance. Choose angles and lighting that make you feel good.

Mindful Movement: Engage in activities that connect you with your body, such as yoga, stretching, or dancing.

Embrace Your Uniqueness: Recognize that your body is unique and beautiful in its own way. There is no "ideal" male body.

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III. Building Confidence and Sexuality:

Healthy Lifestyle Choices: Exercise and a balanced diet contribute to both physical and mental well-being, enhancing your body image.

Prioritize Sleep: Adequate sleep is vital for both physical and mental health, impacting your energy levels and self-esteem.

Express Yourself Creatively: Engage in activities that allow you to express yourself, such as writing, painting, or music.

Celebrate Your Achievements: Acknowledge and celebrate your accomplishments, both big and small.

Seek Professional Help (if needed): Don't hesitate to seek support from a therapist or counselor if you're struggling with body image issues.

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IV. Creating a Positive Environment:

Create a Safe Space: Make sure your bedroom and bathroom are environments where you feel comfortable and relaxed

Invest in Comfortable Underwear: Choose underwear that fits well and makes you feel good.

Practice Self-Care: Engage in activities that nurture your mind, body, and soul – taking baths, reading, listening to music

Positive Self-Talk Reinforcement: Keep a journal to record your positive affirmations and track your progress.

Patience and Persistence: Remember that loving your body is a process that takes time and effort. Be patient with yourself and celebrate your progress along the way.

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Unlocking Your Inner Adonis: A Guide to Loving Your Body

Let's be honest, fellas. The pressure to conform to a specific image of masculinity is relentless. We're bombarded with images of chiseled abs, perfectly sculpted physiques, and impossibly symmetrical features. It's easy to fall into the trap of comparing ourselves to these unrealistic ideals, leaving many men feeling inadequate, insecure, and deeply uncomfortable in their own skin. But here's a liberating truth: your body, exactly as it is, is beautiful. And learning to love it is a journey worth taking, one that profoundly impacts your mental health, sexuality, and overall well-being.

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The pervasive myth of the effortlessly confident, perpetually sexy man is just that – a myth. We all have insecurities. We all have days when we stare at our reflection and wish things were different. We might hate that extra bit of belly fat, that crooked toe, or the way our thighs rub together. It's perfectly normal to feel self-conscious about our bodies at times. The key isn't to eradicate these feelings entirely, but rather to learn to navigate them with self-compassion and acceptance.

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The problem isn't the occasional moment of self-doubt; the problem arises when these feelings become pervasive, controlling our thoughts and actions. When we spend more time criticizing our bodies than appreciating them, we're missing out on the joy of self-acceptance and the power it holds. Many men struggle with body image issues, often in silence. This silence only amplifies the problem, making it harder to address and overcome.

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So, how do we break free from this cycle of self-criticism and embrace our unique bodies? Here's a roadmap to guide you:

Challenge the Comparison Game:

We live in a hyper-visual world saturated with unrealistic images of the "ideal" male body.

Social media, advertising, and even the entertainment industry perpetuate these unrealistic expectations, fueling feelings of inadequacy. The first step to loving your body is to actively dismantle this comparison game.



Challenge the Comparison Game:

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Reconnect with Your Sexuality:

Many men struggle to feel comfortable and confident in their own bodies, which can negatively impact their sexuality.

A crucial part of self-love is learning to appreciate your body's sensuality and embrace your own unique attractiveness. Start jacking off more and doing things that expose your body to you to see it. Look in the mirror and look back at.. and say damn, "i got a nice ass!" Your body and curves are just as important as a womans.

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Solo exploration:

Spend time exploring your body in a non-judgmental way. Focus on the sensations and textures, not on flaws.

Celebrate your body: Use affirmations to change the way you look at your body. For example, “My body is strong and capable” or “I am comfortable and confident in my body.”

Explore your fantasies: Get in touch with what turns you on. This is about self-discovery and pleasure, not about conforming to societal norms.



Identify and Challenge Negative Thoughts

Negative self-talk is a powerful force that can dramatically influence your self-perception. Becoming aware of these negative thoughts and actively challenging them is a crucial step in building a healthier body image

Focus on Function, Not Just Aesthetics:

Your body is not just an object to be admired or judged; it's a powerful and amazing machine that allows you to experience life. Appreciate its strength, endurance, and capacity for incredible things.




Loving your body is not about achieving some unattainable ideal; it's about accepting and appreciating yourself, flaws and all. It's a journey, not a destination.

There will be ups and downs, but with continued self-compassion, conscious effort, and perhaps professional support if needed, you can cultivate a healthier, more positive relationship with your body.

Remember, you don't have to be the “boy next door”— you get to be you, the incredible, unique, and perfectly imperfect you. And that's something truly worthy of love and celebration.

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Meta Description: Discover the journey of body positivity in our engaging PDF ebook tailored for men. Explore captivating images, empowering body image affirmations, and practical tips to build self love and confidence. Embrace your unique self, flaws and all, as you learn to celebrate the incredible you. Remember, it's not about fitting an ideal; it's about accepting and appreciating who you are. Join us in cultivating a healthier relationship with your body—because you deserve to love and celebrate your perfectly imperfect self!

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Ebook