



WOW, SAME.

Real stories, from real people

PROMPT 2:

TELL US ABOUT A BODY INSECURITY OF YOURS RELATED TO YOUR SEXUALITY AND/OR GENDER AND HOW IT AFFECTED YOUR SEXUAL EXPERIENCES. HOW HAVE YOU COPEDED WITH IT OR LEARNED TO ACCEPT IT?

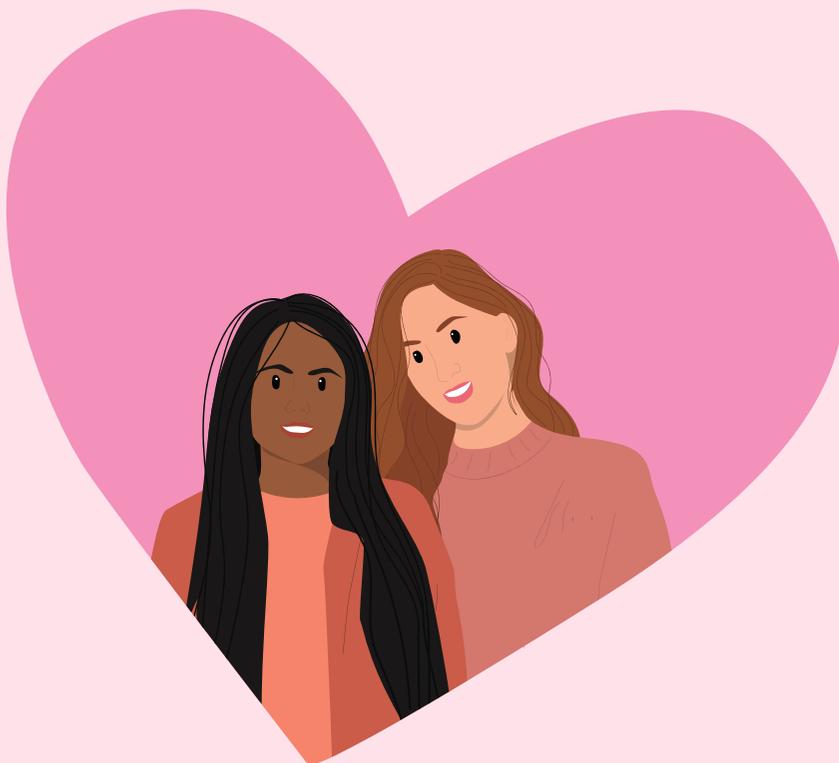
SWIPE TO READ

PRIDE MONTH EDITION

“

My lack of experience with women/gender diverse folks in the bedroom. I cope by recognizing that my sexuality does not have to be proven in any sort of fashion; it's just as valid with or without experience.

”



“

One thing I would tell younger me is that stretch marks are normal!! Once you come to realize this, your experiences become much better because you are confident.

”

“

Being trans and pre-op means i have to disclose my identity to partners before sex. This is scary but I also appreciate as a filter of bad people.

”

WOW, SAME. 



I've always been self-conscious of my legs and the darkness around my intimate areas! It was hard to reveal myself to my significant other. But honestly, it was through exposure (literally) therapy of just doing it with my eyes closed that helped!



 **BODY** 
POSITIVE





Toxic masculinity is pervasive in gay men. Its not as explicit as some TV shows and movies describe but there's definitely an underlying sense that you have to have abs and be in athletic shape to be desirable. Learning to overcome it has been a struggle but I have been coping by recognizing my own self worth and realizing that I am worth love and intimacy in spite of the toxic standards.



✿ You are worthy ✿

“

In the wlw community there are dating tropes of fem/fem and masc/fem. I don't dress very feminine or masculine and I sometimes wonder how my gender expression fits in.

”

“

I feel like my breasts and stomach don't look like how other 's do and it makes me insecure to show them and be intimate.

”

“

Not being true to myself and letting my close partners know about my true sexual identity made me feel closed off to them and to myself making me more uncomfortable that I'd do the wrong thing or I'd make them uncomfortable

”



BE YOURSELF





I've always been very self-conscious of my stomach, and feeling "fat" or that my stomach is "too big". I would feel really self-conscious taking my shirt off especially if I was wearing tight fitting pants. I've done a lot of CBT and counter-thought work in therapy to be more comfy with my body. Can say now I love when someone takes my shirt off!



ALL BODIES ARE
BEAUTIFUL

