

# JOURNAL CONTEMPLATIONS AROUND SLUT SHAMING

- What do I consider as too sexual? Is there a difference between too sexual in a male body and a female body?
- What are my raw, unfiltered judgements about other women when it comes to the way they express, or repress, their sexuality?
- What are my cultural expectations of behaviour and appearance regarding women's sexuality?
- How do I suppress or hold shame around my sexual desires, sensuality and Eros out of fear of being judged or reprimanded by others? OR How have I used my sexuality as a source of validation and power?
- Try to avoid political correctness and social filters when considering these questions - what is really present for you, what comes up first and instinctively? Be honest with yourself.

