

For My Husband

What You Need to Know About My Healing Journey

I wrote this because I love you and I want us to get through this together.

Please read it alone. Take your time. Then let's talk.

— Your Wife

INTRODUCTION

Before You Read This

Your wife bought a guide called *The Last Night You Fake It*.

She bought it because she loves you. Not because she's rejecting you. Not because she's broken. Because she wants to stop pretending and start actually being with you.

I'm the woman who wrote that guide. My name is Eki Omoregie. I spent 14 months suffering from painful intercourse before I figured out how to heal. I wrote this mini-guide to help husbands understand what's happening — because most men have no idea, and most wives are too scared to tell them.

What you're about to read is what I wish I could have told my husband on Day 1.

Please read with an open heart. Your wife has been carrying something heavy. She's finally ready to put it down.

THE TRUTH SHE'S BEEN HIDING

What Your Wife Hasn't Told You

Your wife has been pretending.

Every time you've had sex, she's been in pain. Not discomfort. Not "a little sore." Pain. Burning. Tearing. The kind that makes you want to scream.

But she didn't scream. She faked a moan. She smiled. She told you it felt good.

She did this because she was terrified.

Terrified you'd think she had an STD. Terrified you'd think she was promiscuous before marriage. Terrified you'd think she didn't love you. Terrified you'd leave.

So she suffered in silence. And every time, she cried in the bathroom after you fell asleep.

This is not your fault.

She wasn't lying to hurt you. She was lying to protect you — and to protect herself from the shame of being "broken."

She's not broken. Neither are you.

WHAT'S ACTUALLY HAPPENING

The Medical Truth (Simple Version)

Your wife has a condition called vaginismus.

Big fancy word. Simple meaning: her pelvic floor muscles clench involuntarily during penetration.

Think of a fist that's clenched so tight it won't open. No matter how much you want it to open, the muscles won't listen.

That's what's happening inside her body.

It is not:

- A lack of attraction to you
- A sign she's cheating
- A punishment from God
- Something she can "just relax" her way out of

It is:

- A physical muscle condition
- Very common (1 in 6 women)
- Treatable at home
- Not her fault. Not yours.

WHY SHE DIDN'T TELL YOU

The Silence Wasn't About You

You might be feeling betrayed right now. "Why didn't she just tell me?"

Here's why:

Fear #1: She thought you'd assume she had an STD from sleeping around before marriage.

Fear #2: She thought you'd think she was lying — that she was using pain as an excuse to avoid sex with you.

Fear #3: She thought you'd tell someone — your mother, your brother, your friend — and everyone would know she's "broken."

Fear #4: She thought you'd leave her. Because what good is a wife who can't have sex?

Fear #5: She thought you'd try to "fix" her — take control, find doctors, pressure her — and she'd lose all say over her own body.

None of these fears is about you as a person. They're about the shame she's been carrying. Shame that has nothing to do with how she feels about you.

She loves you. That's why this has been so hard.

WHAT THE HEALING PROCESS LOOKS LIKE

The 14-Day Protocol (Overview)

Your wife is following a 14-day at-home protocol. Here's what it involves:

Days 1-3: Breathing exercises and self-awareness. Learning what relaxation actually feels like.

Days 4-6: External touch exercises. She touches her own body — your hand, your pace, your permission. No penetration. No husband involved.

Days 7-9: Graduated internal work. Using her own finger. Very small. Very slow. She does this alone.

Days 10-12: The conversation (this guide is part of that). She tells you the truth. You read this. Then you talk.

Days 13-14: Partner reintroduction. You try together — but differently. Side-lying position. Safe word. She controls everything.

After Day 14: A 3-minute daily maintenance routine so the pain never comes back.

Notice: You are not involved until Day 13.

This is not because she doesn't want you. It's because she needs to heal her own body before she can invite you back in. She needs to learn what relaxation feels like. She needs to touch herself without

shame. She needs to prove to her body that penetration doesn't have to hurt — using her own hand first.

This is not rejection. This is preparation.

YOUR JOB RIGHT NOW

What She Needs From You (In Order of Importance)

1. Patience.

This takes time. 14 days minimum. Maybe longer. Every woman is different. Do not rush her. Do not ask "are we there yet?" Every time you ask, her body tenses up again.

2. No initiating sex.

Let her come to you. She will. When she's ready. If you keep initiating, she'll feel pressured. Pressure makes her muscles clench. Clenching causes pain. Pain makes her fear sex more. You see the cycle.

3. Trust her plan.

She has a guide. She's following it. Don't take over. Don't find your own "solutions." Don't suggest doctors or equipment or "maybe you should try X." Trust her. She's doing the work.

4. Reassure her.

Tell her you love her. Tell her you're not going anywhere. Tell her this isn't her fault. She needs to hear this. Especially on hard days.

5. Learn the safe word.

She will pick a word — "red" or "pause" or something else. When she says that word, **you stop immediately. No questions. No "just a little more." No guilt. You stop. You pull out. You ask "are you okay?"** That's it. This is the most important thing you can do.

WHAT NOT TO SAY

Phrases That Will Make Things Worse

"Just relax."

If she could relax, she would. Her body doesn't respond to "just relax." It responds to specific breathing techniques. Telling her to relax makes her feel like a failure.

"Is it me? Am I too big?"

No. It's not you. Her muscles are clenching. Your size has nothing to do with it. Asking this makes her feel guilty for something that's not your fault or hers.

"When will this be over?"

She doesn't know. And asking adds pressure. Pressure makes the clenching worse.

"Maybe you should see a doctor."

She will. If she wants to. Don't push. The guide is her first step. Many women heal completely without doctors.

"You should have told me sooner."

She knows. She's already ashamed. This statement adds guilt to an already heavy load.

"Other couples don't have this problem."

Yes, they do. 1 in 6 women. You just don't know about it because everyone is pretending.

WHAT TO SAY INSTEAD

Phrases That Will Help Her Heal

"I love you. I'm not going anywhere."

This is what she needs to hear most. Her biggest fear is that you'll leave. Reassure her. Often.

"Thank you for telling me. I know that was hard."

Acknowledge her courage. She's been terrified of this conversation. You just made it safe.

"Take all the time you need."

Give her permission to heal slowly. This removes pressure. Removing pressure helps her muscles relax.

"What do you need from me right now?"

Ask her. Don't assume. She might need space. She might need a hug. She might need you to make her laugh. Ask.

"I'm proud of you for working on this."

She's doing something brave. Acknowledge it.

"How are you feeling today?"

Check in. Not about sex. Just about her. How is she doing? What's on her mind?

THE SIDE-LYING POSITION

The Position That Changes Everything

When you're both ready (Day 13 or later), you will try this position.

How to do it:

Both of you lie on your sides, facing the same direction. Like spoons in a drawer. Your wife in front. You behind her.

Bend your knees slightly. She controls the depth by moving her hips backward onto you, not you thrusting forward.

Why this works:

- Gravity isn't pressing down on her pelvis
- She controls the angle and depth
- She can't see your face (reduces performance anxiety)
- She can easily pull away if she needs to stop
- Her pelvic floor naturally relaxes more in this position

The rule: She controls everything. Speed. Depth. When to stop. You follow her lead.

THE SAFE WORD (READ THIS CAREFULLY)

This Is the Most Important Page

Your wife will pick a safe word. Common choices: "red" or "pause."
Or something random like "pineapple."

Here's the rule: When she says that word, **you stop immediately.**

Not "just a little more." Not "are you sure?" Not "but I'm almost there."

You stop. You pull out. You ask, "Are you okay?"

Why this matters:

The safe word is what makes trying possible. If she knows she can stop anytime with no consequences, her body will be less afraid.
Less fear = less clenching = less pain.

If you ignore the safe word — even once — you will destroy her trust. She will never feel safe trying again. Her body will clench even harder.

Do not ignore the safe word.

Practice using it. Even when you're not having sex. Say "red" in the middle of kissing. Say "pause" just to see what happens. Train both of you to hear the word and stop without thinking.

This builds trust. Trust relaxes her pelvic floor.

THE FIRST ATTEMPT

What to Expect on Day 13 or Day 14

It might not work perfectly.

She might try side-lying and feel pain after a few seconds. She might say the safe word. You'll stop. She might cry.

This is success.

Because she didn't pretend. She didn't suffer in silence. She used her voice. You listened. You stopped. That's a win.

Don't say: "It's okay, we'll try again later" (this dismisses her feelings).

Do say: "Thank you for telling me. I'm proud of you for trying."

If she wants to try again the same night, follow her lead. If she wants to stop completely, follow her lead.

Your only job is to follow her lead.

WHAT SUCCESS LOOKS LIKE

Redefining What "Winning" Means

Success is NOT:

- Pain-free penetration
- Both of you having orgasms
- Sex that looks like the movies
- Her being "fully healed"

Success IS:

- She said the safe word when she needed to
- You stopped immediately
- She felt safe enough to try
- You were kind afterward
- You cuddled and talked

That's it. That's enough.

If you get pain-free sex on Day 14, amazing. Celebrate. But don't expect it. Most couples take weeks or months of trying before pain disappears completely.

Every small step forward is a win. Celebrate the small wins.

AFTER THE ATTEMPT

What She Needs From You Afterward

Right after (whether it worked or not):

Hold her. Don't rush to talk. Just be present. Skin-to-skin contact (cuddling, not sexual) releases oxytocin — the bonding hormone. This helps her feel safe.

If she's crying:

Don't panic. She might be crying from relief, not sadness. Ask: "Are you okay? Do you want to talk or just be held?"

The next day:

Ask: "How are you feeling about yesterday?" Listen. Don't fix. Just listen.

If she's discouraged:

Remind her: "You tried. That was brave. We'll try again when you're ready."

If she's happy:

Celebrate with her. "I'm so proud of you. That was a big step."

THE LONG GAME

What Your Marriage Looks Like Six Months From Now

If you do this right — if you're patient, if you follow her lead, if you never ignore the safe word — here's what's possible:

She initiates sex. Not out of duty. Because she actually wants to feel close to you.

She doesn't flinch when you touch her. Her body has learned that your touch is safe.

She doesn't cry in the bathroom afterward. She falls asleep in your arms instead.

You talk about sex openly. Without shame. Without guessing. "What felt good? What didn't? What do you want to try next?"

You feel closer than before. Not because the sex is better (though it will be). Because you went through something hard together and came out the other side.

Most couples who survive this come out stronger. Because you learn to communicate. Because you learn to be vulnerable. Because you learn that your marriage is about more than sex — and also that sex can be good again.

You can have that marriage.

It starts with patience. It starts with trust. It starts with you reading this guide and saying to your wife:

"I understand now. Thank you for telling me. I'm on your team."

Now go talk to her!