

THE LAST NIGHT YOU FAKE IT

A Private 14-Day Healing Guide for
Newlywed Women Suffering in Silence

*How to Stop Pretending, Start Healing,
and Finally Have Sex That Doesn't Hurt —
No Doctor Visit Required*

THE LAST NIGHT YOU FAKE IT — Eki Omoregie

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Disclaimer

Introduction: This Book Sees You

You opened this at 2am.

Maybe you're in bed right now while he sleeps next to you. Maybe you're hiding in the bathroom with the fan on so no one hears you turning pages. Maybe you're at your desk during lunch, phone angled away so no colleague sees the title.

I know. Because I did the same thing.

Here's what I also know about you: you're tired. Not tired like you need a nap. Tired like your bones are heavy. Tired like pretending has become a full-time job and you're working overtime with no pay.

You fake the moan. You bite the pillow. You count the cracks on the ceiling while your husband thinks everything is fine. Then he falls asleep, satisfied and peaceful, and you lie there staring at nothing, tears running down your face into your ears, wondering what is wrong with you.

Sound familiar?

Here's what I need you to know before we go any further: **you are not broken.**

I know you've started believing that. I know that thought has been creeping in for months. *Maybe I'm not a real woman. Maybe I'm defective. Maybe I married the wrong person. Maybe this is my punishment for something.*

Stop right there.

I spent 14 months believing those lies. Fourteen months of pretending. Fourteen months of hiding in bathrooms. Fourteen months of Googling "why does sex hurt" at 2am and deleting my search history like I was hiding a crime.

And then I found out the truth: nothing was wrong with me. I wasn't broken. I wasn't being punished. I had a physical condition with a name and a fix — and nobody had told me about it.

That's why I wrote this guide. Because someone should have told me. And now I'm telling you.

What this guide will NOT do:

Shame you. Judge you. Tell you to "just relax" like that's ever worked. Send you to a doctor you can't afford or a therapist you're too embarrassed to call. Recommend expensive equipment or pelvic dilators you'd have to hide from your husband.

What this guide WILL do:

Walk you through a 14-day at-home protocol that addresses the actual cause of your pain — not the symptoms. Give you scripts for the conversation you're terrified to have with your husband. Help you heal in private, at your own pace, without anyone knowing until you're ready to tell them.

Here's how to use this guide:

Read it straight through first. All 14 days. Don't skip around. Don't start the exercises until you've finished the book. Why? Because you need to understand the full picture before you start. The early days build on the later days. Trust the process.

Then go back to Day 1 and follow the protocol exactly as written. One day at a time. No rushing. No pressure.

And here's the most important thing: **you are not alone.**

There are women reading this same guide right now in Abuja, in Lagos, in London, in Toronto. Women who have been suffering in silence just like you. Women who thought they were the only ones. You're not.

Now let me show you what I wish someone had shown me four years ago.

Ready? Turn the page to Chapter 1.

Chapter 1

The Secret You've Been Crying Into Your Pillow

Let me paint a picture.

It's nighttime. The lights are off. Your husband pulls you close, starts kissing your neck. Your heart starts racing — not the good kind of racing. The panicked kind. The “*oh no, not again*” kind.

You let him continue because what else can you do? Say no again? He already asked you last week if you're still attracted to him. You saw his face when you said “of course, baby.” There was doubt in his eyes.

So you let it happen.

He enters. The burning starts immediately. That tearing sensation — like something inside you is ripping open. You grit your teeth. You dig your nails into your palm. You let out a moan that sounds real enough. You've practiced this moan so many times it feels automatic now.

He finishes, Rolls over, Kisses your forehead, and says “I love you.”, then Falls asleep within two minutes.

And you lie there.

Your body is tense. Your jaw hurts from clenching. Your eyes sting with tears you refuse to let fall while he's still in the room. You wait. Five minutes. Ten minutes. Once you're sure he's deep asleep, you slip out of bed and go to the bathroom.

You lock the door. Turn on the fan so he can't hear. And then you cry.

Not loud crying. The silent kind. The kind where your shoulders shake and your mouth is open but no sound comes out because you've gotten so good at hiding this.

You sit on the cold floor. Maybe the toilet lid. You stare at the tiles. You ask yourself the same questions you've asked a hundred times:

What is wrong with me?

Why can't I just be normal?

How long can I keep pretending?

Then you wipe your face. Splash water on your eyes so they're not too red. Go back to bed. Lie on your side facing away from him. And wait for morning.

I know this story because I lived it.

Fourteen months. That's how long I pretended. Fourteen months of bathroom floors. Fourteen months of Googling in the dark. Fourteen months of feeling like a fraud in my own marriage.

The worst part wasn't even the pain. The worst part was the shame.

The shame of knowing I was lying to the man I loved. The shame of wondering if he could tell. The shame of comparing myself to every other wife I knew — the ones who laughed about “honeymoon phase” and “can't keep our hands off each other.” What was wrong with me that I couldn't even do the one thing wives are supposed to do?

I stopped calling my friends. Not because I didn't love them. Because I couldn't have one more conversation where someone asked “how's married life?” and I had to smile and say “amazing” while dying inside.

I stopped going to family gatherings. My mother-in-law once joked that my husband looked “tired” and maybe I should “take it easy on him.” I laughed along while my stomach turned to acid.

I started making excuses. Headaches. Stomach pain. Too tired. Working late. My husband isn't stupid. He started noticing. He started asking questions I couldn't answer.

“Are you still attracted to me?”

“Did I do something wrong?”

“Is there someone else?”

That last one broke me. He thought I was cheating because I didn't want to have sex. Not because I was in pain. Not because every penetration felt like hot glass. He thought I didn't want *him*.

I wanted to scream the truth. But how do you say "I love you but your body inside mine feels like torture" without destroying everything?

So I said nothing. And the silence grew heavier.

Here's what you've probably Googled at 2am.

I'm going to guess. Tell me if any of these look familiar:

- "Why does sex hurt so much"
- "Painful intercourse newlywed"
- "Why does it burn when my husband enters"
- "Something wrong with my vagina"
- "Can't have sex without pain"
- "Why do I dread my husband touching me"

I searched all of these. Multiple times. Always in incognito mode. Always deleting my history immediately after.

You know what I found? Medical websites with scary words. Forums where women described the exact same thing I was feeling — but they were in other countries, talking about specialists I couldn't afford and treatments that sounded terrifying.

I also found nothing for *me*. Nothing for a Nigerian newlywed in a small apartment with thin walls and a husband sleeping next to her. Nothing that understood the shame of telling your mother? Absolutely not. Nothing that understood the church gossip if anyone found out.

So I closed the browser. Cried some more. And went back to pretending.

The math of pretending.

Let me break down what pretending actually costs you.

Every time you fake it, you lose a little piece of yourself. Not all at once. Just a tiny chip. But after 6 months? 12 months? 18 months? You've lost so many pieces you don't even recognize who you've become.

You've lost the ability to say what you actually want in bed. You've lost the confidence to initiate sex because you know what's coming. You've lost the trust between your body and your brain — your body keeps screaming *danger* and your brain keeps saying *ignore her*.

You've lost the intimacy that made you want to get married in the first place. Not the sex. The closeness. The feeling of being completely known and completely loved.

Now you're just performing. And the show never ends.

Why you haven't told anyone.

Let me list the reasons I told myself. See if any match yours.

"He'll think I have an STD." — This was my biggest fear. That my husband would assume I'd been sleeping around and caught something. Even though I'd never been with anyone else. Even though I was a virgin when we married. The thought still paralyzed me.

"He'll think I'm lying." — What if he doesn't believe me? What if he thinks I'm making excuses because I don't love him anymore?

"He'll tell someone." — What if he tells his mother? His brother? His friend? What if everyone finds out I'm broken?

"He'll leave me." — This one kept me up at night. If I can't give my husband sex, why would he stay? Every marriage sermon I'd ever heard said sex is the "glue" that holds a marriage together. What happens when the glue doesn't work?

"He'll try to fix me." — What if he takes control? What if he starts researching and decides I need to see a doctor he found online? What if I lose all say over my own body?

And the worst one:

“He’ll realize I’ve been lying this whole time.” — Because I’ve already faked it so many times. How do I come clean without him feeling betrayed? How do I say “I’ve been pretending for months” and expect him to trust me ever again?

So I stayed quiet. And the silence got heavier. And the shame got louder.

The thing I didn’t know then — and you need to know now.

Here’s what I eventually learned, after 14 months of suffering and hiding and crying on bathroom floors:

Nothing was wrong with me.

I wasn’t broken. I wasn’t being punished. I wasn’t the only woman in the world dealing with this.

I had a condition called vaginismus. Fancy medical name for a very simple thing: my pelvic floor muscles were clenching involuntarily during penetration. Like a fist that won’t open no matter how hard you try.

It wasn’t in my head. It wasn’t because I didn’t love my husband enough. It wasn’t because I was “frigid” or “cold” or any of the other awful words I’d called myself at 2am.

It was a muscle problem. And muscles can learn to unclench.

That’s what this guide will teach you. Not in a medical, scary way. In a “I did this and it worked for me” way. Day by day. Step by step. In your own home. In your own time. Without anyone knowing until you’re ready to tell them.

But before we go there, I need you to understand something.

Everything I just described — the bathroom floor, the fake moans, the 2am Googling, the shame, the silence — that’s the pain we’re going to address in this guide.

I didn’t write this book to make you feel bad. I wrote it to make you feel *seen*.

Because you’ve been carrying this alone for too long. Because no one has told you the truth about what’s happening to your body. Because you deserve more than another night of pretending.

In the next chapter, I'm going to show you why "just relax" is the worst advice anyone has ever given you — and what's actually causing your pain.

Spoiler: it's not what you think.

And understanding this? It changes everything.

Chapter 2

Why “Just Relax” Is The Worst Advice Anyone Has Ever Given You

Remember the first time you felt the pain?

Maybe it was your wedding night. Maybe it was a few days later. Maybe you’d heard stories about first-time discomfort but this was different. This wasn’t “discomfort.” This was burning. Tearing. Like your body was rejecting him completely.

What did you tell yourself?

Probably the same thing I told myself: *“Just relax. It’ll get better. I’m probably just nervous.”*

So you tried to relax. You took deep breaths. You told yourself to calm down. You tried to think about something else — the beach, your favorite song, literally anything but what was happening.

And it didn’t work. The pain was still there. Maybe worse because now you were also frustrated at yourself for not being able to “just relax.”

Here’s what nobody told you: **you cannot relax your way out of this.**

Not because you’re weak. Not because you’re not trying hard enough. Because the part of your body that’s causing the pain doesn’t respond to “trying to relax.” It responds to a completely different system — and you’ve been using the wrong one this whole time.

Let me explain.

The three things you’ve already tried that didn’t work.

I’m going to guess you’ve tried at least two of these. Probably all three.

1. More lubricant.

You bought it. Maybe from a pharmacy where you avoided eye contact with the cashier. Maybe online where the delivery came in a discreet package. You thought *this must be the problem — I'm just not wet enough.*

So you used it. Plenty of it. And the pain was still there. Not as much friction, maybe. But the burning? The tearing? That feeling of something ripping inside you? Still there.

Because the pain wasn't from dryness. It was from your muscles clenching so tight nothing could get through comfortably. Lube doesn't fix clenched muscles. No amount of lube will.

2. Prayer and deliverance.

You went to church. Maybe you told your pastor you needed "prayers for marital breakthrough." Maybe you didn't tell anyone and just prayed alone at home. You fasted. You declared that pain was not your portion. You anointed yourself with oil.

And the next time you tried, it still hurt.

Not because God didn't hear you. Not because your faith wasn't strong enough. Because this isn't a spiritual problem. It's a physical one. A muscle problem. And muscles don't respond to prayer the way they respond to specific exercises.

I'm not saying don't pray. Pray if it helps you feel supported. But don't pray *instead* of addressing the actual cause. I made that mistake for six months.

3. Wine or alcohol.

Someone told you to "loosen up." Maybe a friend joked about having a drink before sex. Maybe you tried it yourself — a glass of wine to calm your nerves.

Here's what happened: you got a little dizzy. Maybe a little giggly. But when he touched you, your body still tensed up. Because alcohol doesn't relax your pelvic floor. It relaxes your inhibitions — which is not the same thing at all.

So you ended up drunk AND in pain. I tried this exactly once. Never again.

Why none of these worked.

Because they were all addressing the wrong problem.

Let me use an analogy.

Imagine your hand is clenched into a tight fist. Someone tells you to “just relax.” You try. But your hand stays clenched because you don't actually know *how* to unclench it — you've been holding it tight for so long it feels normal.

Then someone hands you a bottle of lotion and says “this will help.” You put lotion on your clenched fist. Still clenched.

Then someone says “pray about it.” You pray. Still clenched.

Then someone hands you a glass of wine. You drink it. Still clenched.

Because the problem isn't dryness, or sin, or nervousness. The problem is that your hand has learned to stay clenched and you haven't learned the specific steps to unclench it.

That's what's happening with your pelvic floor muscles. They've learned to clench. They've been doing it for so long — maybe since before you got married, maybe starting on your wedding night — that they don't know how to do anything else.

And “just relax” doesn't teach them. It just makes you feel guilty for not being able to do something your body hasn't been taught.

The Pain Cycle: fear → tension → pain → more fear.

Here's the cycle that's been running your life.

It starts with fear. You remember how much it hurt last time. Your brain says *danger* before anything has even happened.

That fear causes tension. Your pelvic floor muscles clench automatically — you don't even notice it happening. It's like flinching before a punch.

The tension causes pain. When he enters, those clenched muscles resist. They tear slightly. They burn. Your nerves scream *STOP*.

The pain causes more fear. Now you're even more scared of next time. Your brain has more evidence that sex = pain.

And the cycle repeats. Getting stronger each time.

Do you see what's happening here? Your body is trying to protect you. It learned that penetration hurts, so it's trying to prevent penetration by clenching tighter. But that clenching is exactly what causes the pain in the first place.

Your body is fighting against itself. And you've been caught in the middle, thinking you're the problem.

You're not the problem. The cycle is the problem.

The shock of realizing your husband has no idea.

Here's something that broke my heart when I finally understood it.

Your husband doesn't know what's happening.

He thinks you're enjoying it. He hears your moans. He sees you nodding when he asks if it feels good. He has no idea you're biting a pillow and counting ceiling tiles.

In his mind, everything is fine. Great, even. He's having sex with his wife. She seems to like it. Life is good.

Meanwhile, you're crying in the bathroom.

This gap — between what he thinks is happening and what's actually happening — is where your resentment has been growing. You start to feel angry at him for not noticing. For not asking. For being satisfied while you're suffering.

But how would he notice? You've been performing. You've been lying. Not because you're a bad person — because you're terrified.

And he's not a mind reader. He can't feel what you're feeling. He only knows what you show him.

I had to learn this the hard way. I was so angry at my husband for not realizing I was in pain. And then one day I looked in the mirror and asked myself: *how could he know? I've literally never told him.*

That realization hurt almost as much as the physical pain.

Why this has nothing to do with your past, your purity, or your worth.

Let me say this as clearly as I can.

This is not happening because you did something wrong.

Not because you had sex before marriage. Not because you didn't have sex before marriage. Not because you once had a bad experience. Not because you're being punished for something you did as a teenager.

I need you to hear this because I know the voices in your head are saying otherwise.

Maybe if I'd waited longer.

Maybe if I hadn't waited at all.

Maybe if I was a better Christian.

Maybe if I was more experienced.

Maybe if I was prettier.

Maybe if I was thinner.

Maybe if I was more feminine.

Stop.

Vaginismus — the condition we're dealing with — happens to women of all backgrounds. Religious women. Non-religious women. Women who were virgins on their wedding night. Women who weren't. Women who love their husbands deeply. Women who are in arranged marriages. Women who have never been abused. Women who have.

It's not a punishment. It's not a judgment. It's a muscle condition. That's all.

And muscle conditions can be treated.

What you need to know before Chapter 3.

Here's where we are now.

You've stopped blaming yourself for not being able to "just relax." You understand that you've been trying the wrong solutions. You see the Pain Cycle that's been running your life. And you know — really know — that this isn't a moral failure.

Now we can start fixing it.

The next chapter gives you something you can do right now. In the next 30 minutes. Something that will show you — not tell you, but actually SHOW you — that your body is capable of relaxing.

It's called the 4-7-8 Pelvic Drop Breath. It takes 60 seconds. And it changed everything for me.

Because before you can fix the physical problem, you need to prove to yourself that change is possible. That your body isn't permanently broken. That you can feel something different.

That's what Chapter 3 is for.

And fair warning: you might cry when it works. I did. Not sad tears. Relief tears. The kind where you realize you're not as trapped as you thought.

Chapter 3

The 4-7-8 Pelvic Drop Breath — Your First Win In Under 30 Minutes

I'm going to teach you something that took me nine months to discover.

Nine months of suffering. Nine months of bathroom floors. Nine months of thinking I was broken forever.

And then someone showed me a breathing technique that took less than 60 seconds. And in that minute, something shifted. Not everything. Not the full solution. But enough. Enough to know that my body wasn't permanently stuck. Enough to feel hope for the first time in almost a year.

This is that technique.

The one thing I wish someone had shown me on my wedding night.

Here's what I thought relaxation meant: taking a deep breath, telling myself "calm down," and hoping for the best.

That's not relaxation. That's just breathing while still being tense.

Real relaxation — the kind that actually affects your pelvic floor — requires a specific pattern. A specific rhythm. A specific way of breathing that signals to your nervous system: *we are safe. we can let go.*

The 4-7-8 breath does exactly that.

It's not magic. It's physiology. There's a nerve in your body called the vagus nerve (different from vaginismus — confusing, I know). When you breathe in this specific pattern, you activate that nerve. And that nerve tells your entire body: *relax now.*

Including your pelvic floor.

How to do the breath (it takes 60 seconds — yes, really).

Find somewhere comfortable to sit or lie down. Bed is fine. Sofa is fine. Floor is fine. Just somewhere you won't be interrupted for two minutes.

Close your eyes if that helps. Or leave them open. Whatever feels less weird.

Here's the pattern:

Step 1: Breathe in quietly through your nose for 4 seconds.

Step 2: Hold that breath for 7 seconds.

Step 3: Breathe out completely through your mouth for 8 seconds. Make a whooshing sound as you exhale.

That's one cycle.

Repeat for four to five cycles. That's it.

The numbers matter. 4 in. 7 hold. 8 out. Don't shorten the exhale — that's the most important part. The long exhale is what tells your nervous system to switch from "alert" mode to "rest" mode.

What you'll feel when your pelvic floor finally lets go.

The first time I did this correctly, I was lying on my bed alone. No husband around. No pressure. No expectation.

I did the breath once. Felt nothing special.

Second time. Still nothing.

Third time. And then — somewhere around the exhale — I felt something I couldn't name.

A dropping sensation. Like something in my lower belly was releasing. Not dramatic. Not painful. Just... loose. Soft. Like a fist slowly opening.

That was my pelvic floor.

For the first time in months, those muscles had stopped clenching. Not because I forced them. Not because I told myself to “relax” a hundred times. Because the breath pattern had done its job.

I started crying. Not loud crying. The kind where tears just fall down your face while you lie there perfectly still.

Because I had proof. Proof that my body could do something different. Proof that I wasn’t permanently broken.

You might feel it on your first try. You might feel it on your third. You might not feel anything dramatic at all — just a subtle sense of “oh, that’s different.”

That’s fine. That’s still progress.

Why this single exercise cut my anxiety by half.

Before I learned the 4-7-8 breath, every thought about sex made my body tense up automatically. Just thinking about it. Just knowing it was bedtime. Just seeing my husband change into his sleep clothes.

My body was on high alert 24/7.

After I started practicing the breath — just practicing, not even using it during sex yet — something shifted. I realized I had control. Not complete control. But some control. Enough to know that my body wasn’t running the show anymore.

I started doing the breath every morning when I woke up. Every night before bed. And anytime I felt that familiar tightness creeping in.

Within a week, my baseline anxiety dropped by half. I wasn’t walking around with clenched shoulders and a tight jaw anymore. My body had learned — slowly — that safety was possible.

Do this right now — I’ll wait.

Seriously. Put this book down for two minutes. Lie back. Do the breath.

Four cycles. 4 in, 7 hold, 8 out.

I'll wait here.

...

...

...

Did you do it? Or did you just read past that paragraph thinking "I'll do it later"?

Go back. Do it now. I mean it.

This whole guide is useless if you don't actually do the exercises. Reading about the breath doesn't change anything. Doing the breath changes things.

So close your eyes. Breathe. 4 in. 7 hold. 8 out. Four times.

Then come back.

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...

Welcome back.

How did it feel? Did you notice anything? Even something small?

If you felt nothing, that's okay. Keep practicing. Your body has been clenching for months — maybe years. It won't unlearn that pattern in one minute. But it will start to shift.

If you felt something — a release, a drop, a softening — that's your first win. Celebrate it. You just proved to yourself that change is possible.

What to expect over the next few days.

Between now and when you start the full 14-day protocol, do this breath every day.

Morning. Night. Any time you feel that familiar tightness.

Don't judge yourself if it doesn't feel like much at first. Your body is learning a new language. It takes repetition.

Here's what will happen if you practice consistently:

By Day 3, you'll notice you're doing the breath automatically when you feel stressed. Not just about sex. About anything. Traffic. Work. Family drama.

By Day 5, you'll be able to feel the difference between a clenched pelvic floor and a relaxed one. You might not be able to control the clenching yet — but you'll be able to notice it. That's huge.

By Day 7, you'll have moments where your body relaxes without you consciously trying. The pattern starts to become automatic.

This breath is the foundation for everything else in this guide. The later exercises build on it. So don't skip this chapter. Don't rush past it.

Master the breath first. Then we move on.

One last thing before Chapter 4.

I need you to understand something important.

The 4-7-8 breath is not the solution to your pain. It's the key that unlocks the door. The real solution is the 14-day protocol you're about to start.

But you can't open the door without the key.

This breath gives you access to your own body. It shows you — physically, tangibly — that relaxation is possible. That your muscles can let go. That you're not broken.

Once you believe that, the rest of the protocol becomes possible.

In Chapter 4, we start Day 1 of the actual protocol. We're going to spend three days just understanding what's happening in your body. No exercises that require penetration. No pressure. Just learning.

Because you can't fix something you don't understand.

And by the time you finish Chapter 4, you'll understand more about your body than most women learn in a lifetime.

Ready?

Chapter 4

Days 1-3 — Understanding What's Actually Happening Down There

Before we start the physical work, we need to talk about something most women never learn.

Your pelvic floor.

I know that sounds medical and scary. Stick with me. I promise to explain it like I'm sitting across from you at a café, not like I'm reading from a textbook.

Here's the truth: nobody teaches us about this part of our bodies. Not our mothers. Not our schools. Not even our classes at church. We learn about periods. We learn about pregnancy. We learn about avoiding STDs.

But the muscles that actually make sex possible? The ones that can cause agony when they're not working right? Crickets.

So let me teach you what I had to learn alone at 2am with my phone flashlight and a diagram I was too embarrassed to save to my camera roll.

What nobody told you about the pelvic floor (it's a muscle, not a mystery).

Your pelvic floor is a group of muscles at the bottom of your pelvis. They stretch like a hammock from your pubic bone to your tailbone.

Their job? Holding everything up. Your bladder. Your uterus. Your bowel. When these muscles are working correctly, you don't even notice them. They're just there, doing their job, keeping everything in place.

Here's what nobody told me: these muscles can also clench.

Not just a little clench. A full-on, vice-grip, white-knuckle clench. And when they clench during sex? That's the pain you've been feeling.

The burning. The tearing. The sensation of something ripping open.

That's not your vagina being too small. That's not your husband being too big. That's your pelvic floor muscles refusing to open because they've learned that opening means pain.

They're not trying to hurt you. They're trying to protect you. They just got the memo wrong.

The difference between pain from dryness and pain from clenching.

This is important because you might have been using the wrong solutions.

Pain from dryness feels like friction. Like rubbing two pieces of sandpaper together. It usually gets better with lubricant. It might burn a little, but it's mostly on the surface.

Pain from clenching feels like something is blocked. Like trying to push through a door that's locked from the inside. The burning is deeper. The tearing sensation is sharper. And lubricant doesn't help because the problem isn't friction — it's that the doorway itself is too tight.

Do you remember using lube and still feeling pain? That's how you know it's clenching, not dryness.

I bought so many expensive lubricants thinking the next one would be the magic solution. Water-based. Silicone-based. Organic. Flavored (don't ask). None of them worked because none of them addressed the actual problem.

My muscles were clenched. Lube doesn't unclench muscles.

How to check in with your body without feeling embarrassed.

Before we do any physical exercises, I want you to do something simple.

Lie down on your bed. Alone. No husband around. No chance of interruption.

Close your eyes. Take three 4-7-8 breaths like we practiced in Chapter 3.

Now, just notice. Don't try to change anything. Don't try to relax. Just notice.

What do you feel in your lower belly? Your pelvic area? Between your legs?

Do you feel tightness? Pressure? A sense of something being “held” or “sucked up”?
Do you feel nothing at all — like that area is completely offline?

There’s no wrong answer. This isn’t a test. This is just gathering information.

When I first did this, I realized I had been clenching my pelvic floor 24/7 without knowing it. Not just during sex. All the time. While cooking. While working. While sleeping. My muscles had been in a permanent state of tension for so long I didn’t know what relaxation felt like.

That was a shock. But it was also good news. Because if the clenching was happening all the time, then learning to unclench would help me all the time — not just in the bedroom.

The mirror minute: looking at yourself without shame for the first time.

Okay. This one might feel uncomfortable. That’s fine. Do it anyway.

Go to your bathroom when you have privacy. Lock the door. Take a small hand mirror.

Sit on the edge of the bathtub or on the toilet. Open your legs. Hold the mirror so you can see yourself.

Just look.

No judgment. No “this is disgusting.” No “why does it look like that.” Just look.

Notice what you see. The colors. The shapes. The way everything is arranged. This is your body. This is normal. This is what most women look like.

If you feel shame rising up — and I did, the first time — take a 4-7-8 breath. Let the shame sit there without fighting it. It’s just a feeling. It will pass.

Here’s why this matters: you cannot heal a part of your body you’re too ashamed to even look at.

The shame keeps you disconnected. Disconnected from your own body.
Disconnected from your own sensations. Disconnected from your own needs.

The mirror minute is the first step toward reconnecting. Toward saying: *this is mine. this is normal. I don't have to hide from myself anymore.*

Do this once a day for the next three days. Thirty seconds is fine. One minute is better. Just look. Just breathe. No performance. No judgment.

Your 3-day assignment: breath only, no penetration, no pressure.

Here's exactly what I want you to do for the next three days.

Day 1 (today):

- Do the 4-7-8 breath, 5 cycles, morning and night
- Do the mirror minute once
- Lie down and notice what you feel in your pelvic area (no trying to change it — just notice)

Day 2 (tomorrow):

- 4-7-8 breath, 5 cycles, morning and night
- Mirror minute once
- While lying down, practice consciously clenching your pelvic floor (like you're trying to stop urine mid-flow) then consciously releasing. Squeeze for 3 seconds. Release for 5 seconds. Repeat 5 times.

Day 3 (the next day):

- 4-7-8 breath, 5 cycles, morning and night
- Mirror minute once
- The squeeze-and-release exercise from Day 2, but now focus on the release. See if you can feel the difference between clenched and relaxed. If you can't feel it yet, that's fine. Keep practicing.

That's it. No penetration. No sex. No pressure.

I know you might be thinking *“but my husband will wonder why I’m avoiding him for three days.”*

Here’s a script: “Babe, I’m feeling really tired this week. Can we just cuddle for a few days? I love you.”

That’s not a lie. You are tired. Tired of pretending. And cuddling keeps intimacy alive without the pressure of penetration.

If he pushes for more, use the “Not Tonight” script from the cheat sheet section. But most husbands will accept “I’m tired” if you still show affection in other ways — hugs, kisses, lying close to him, telling him you love him.

What you’re building during these three days.

You’re not doing nothing. You’re doing something important.

You’re teaching your brain that your body is safe to pay attention to.

You’re teaching your pelvic floor that it doesn’t have to be clenched every second of every day.

You’re building awareness — the ability to notice what’s happening down there without shame or panic.

And you’re proving to yourself that you can go three days without the pressure of performance. Three days where the goal isn’t to have sex. The goal is just to learn.

Most women in your position have never had that. Never had permission to just... stop. To take sex off the table completely and just focus on themselves.

This is that permission. Take it.

A quick note about fear.

You might feel scared during these three days. Scared that you’re not doing enough. Scared that it won’t work. Scared that you’re wasting time.

That fear is the Pain Cycle talking. It’s the same fear that’s been keeping your muscles clenched.

Notice the fear. Take a breath. And keep going anyway.

You don't have to be fearless to heal. You just have to keep showing up.

By the end of Day 3, you'll have more information about your body than you've ever had. And information kills fear.

What's coming in Chapter 5.

After these three days of awareness, we move to the next phase: Days 4-6.

This is where you start reclaiming your body when no one is watching. External touch exercises. Your hand. Your pace. Your permission.

No penetration yet. Still too early. But you'll start to feel what it's like to touch yourself without the goal of sex. Without performance. Without a man watching and waiting.

For many women, this is the first time they've touched themselves without shame. It's powerful. And it's necessary.

But first: three days of breath, mirror, and awareness.

Start today.

Chapter 5

Days 4-6 — Reclaiming Your Body When No One Is Watching

By now you've spent three days just breathing and noticing.

You've done the 4-7-8 breath morning and night. You've looked at yourself in the mirror — maybe still uncomfortable, but you did it. You've practiced squeezing and releasing your pelvic floor, learning the difference between clenched and relaxed.

How do you feel?

If you're like most women, something has shifted. Maybe not a huge shift. But a small one. A tiny crack in the wall of shame you've been carrying.

That crack is enough. That's where the light gets in.

Now we build on that foundation.

Why you have to heal alone before you can heal together.

This might be the most important thing I tell you in this entire guide.

You cannot heal your body while you're worried about his reaction.

Every time you've tried to "fix" this during sex, you've had two jobs: managing your own body AND managing his feelings. Trying to relax while also making sure he doesn't feel rejected. Trying to find a comfortable position while also moaning convincingly.

That's too many jobs. No wonder nothing worked.

For the next three days — and honestly, for most of this 14-day protocol — you're going to work alone. Just you. No husband. No audience. No performance.

You're going to touch your own body. Your hand. Your pace. Your permission.

This is not selfish. This is necessary.

You cannot lead someone else through a house you've never explored yourself. You cannot teach your husband how to touch you if you don't know how you like to be touched. You cannot tell him "stop" or "go slower" if you've never practiced saying those words to yourself.

These three days are your exploration. Your map-making. Your solo rehearsal before the duet.

External touch exercises that put YOU in complete control.

Here's what you're going to do for the next three days.

Setting up:

Wait until you're alone. Lock the bedroom door if you need to. Put your phone on silent. Dim the lights if that helps you relax. Lie down on your bed with a pillow under your head. Maybe another pillow under your knees.

Take three 4-7-8 breaths to settle in.

Now. Here's the most important rule: **you stop whenever you want. No explanation needed. No justification required.**

You feel uncomfortable? Stop. Take a breath. Start again if you want. Or don't. You're in charge.

Day 4: Just the outside.

With clean hands, start by touching the outside of your body. Your stomach. Your thighs. The skin around your pubic area — not directly on it yet.

Use your fingertips. Light pressure. Slow circles.

Notice: does this feel okay? Does anything feel painful? Does anything feel nice?

There's no goal here except gathering information. You're not trying to get aroused. You're not trying to orgasm. You're just... touching. Reconnecting.

After a few minutes, gently touch the outer lips of your vulva. The parts you can see in the mirror. Just rest your fingers there. No movement. Just contact.

Breathe.

If you feel tension — your thighs clenching, your stomach tightening, your breath getting shallow — pause. Take a 4-7-8 breath. See if you can let the tension go.

Then continue. Or stop. Your choice.

Do this for 5-10 minutes. Then wash your hands. Write down one thing you noticed.

Day 5: Gentle exploration.

Same setup. Same breathing. Same rule: you stop whenever you want.

Today, you're going to explore more. Not penetration. Just the external areas you might not have looked at closely.

With clean hands and clean fingers, gently separate the outer lips. Look if you want. Or just feel.

Notice the sensations. Different textures. Different temperatures. Different responses.

If you touch somewhere that feels good — even a little good — stay there for a moment. Breathe into that sensation. Let yourself feel it without rushing.

If you touch somewhere that feels painful or uncomfortable, pause. Breathe. See if the discomfort changes when you use lighter pressure. See if it changes when you relax your belly.

You're not trying to fix anything. You're just learning your own map.

Spend 5-10 minutes. Then wash your hands. Write down one thing you learned about your body.

Day 6: The “stop and breathe” rule in action.

Today, you're going to practice something specific: stopping.

Start the same way — breath, relax, touch. Explore the external areas.

But here's the practice: at some point, without any reason, just stop. Take your hand away. Lie there. Breathe.

Notice what happens in your body when you stop. Does the tension come back? Does your mind race? Do you feel relief?

Then start again. Then stop again. Then start again.

You're teaching your nervous system that stopping is safe. That you can pause anytime. That nothing bad happens when you take your hand away.

This is crucial training for when you're with your husband. The ability to say "stop" without panic. The knowledge that stopping doesn't mean failure. That you can start again when you're ready.

Spend 5-10 minutes. Stop at least three times. Each time, take a breath before deciding whether to continue.

The "stop and breathe" rule (you stop whenever you want — no explanation needed).

I want to say this again because it's that important.

You have permission to stop. Always.

Not just during these exercises. Not just when you're alone. Always.

If you're with your husband and something doesn't feel right, you can stop. You don't need a reason. You don't need to explain. "Stop" is a complete sentence.

I know you've been taught otherwise. I know our culture tells women to endure. To submit. To not make waves. To prioritize his pleasure over your comfort.

That teaching is wrong.

You are not a doll. You are not a machine. You are a human being with nerves and feelings and the right to say "no" to anything that hurts.

The women who will heal from this are the women who learn to stop. Because stopping breaks the Pain Cycle. It proves to your body that penetration isn't inevitable. That you have choices. That you're not trapped.

So practice stopping. Practice saying "not right now" to yourself. Practice taking your hand away and just breathing.

This is not failure. This is freedom.

How to know you're ready for the next phase (don't rush this).

After Day 6, check in with yourself honestly.

Ask these questions:

- Can I touch my external genitals without feeling panic or shame?
- Can I tell the difference between clench and release?
- Have I practiced stopping at least three times?
- Do I feel curious about the next step, not terrified?

If you answered yes to all four, you're ready for Days 7-9.

If you answered no to any of them, that's fine. Spend another day or two on these external exercises. There's no deadline. This is your body. Your timeline.

I spent an extra week on this phase because I was so disconnected from my own body. I had never touched myself like this. Never looked. Never explored. It felt foreign and scary at first.

But I kept going. Not because I was brave. Because I was tired of being scared. And eventually, the fear got smaller.

The same will happen for you.

What changed for me on Day 5 when I finally felt hope.

I remember Day 5 clearly.

I was lying on my bed, alone, doing exactly what I just described. Touching. Breathing. Stopping. Starting again.

And somewhere in the middle of it — I don't know exactly when — I realized something.

My body wasn't fighting me.

For months, every time I thought about sex, my body would tense up. Prepare for battle. Brace for impact. But lying there alone, touching myself gently, with no expectation and no audience... my body was calm.

Not fully relaxed. But calm. Quiet. Like it was saying “oh, this is different. this isn’t the thing that hurts.”

I started crying. Not sad crying. Hopeful crying.

Because I realized that my body wasn’t the enemy. My body was just responding to the situation. And in this situation — alone, safe, no pressure — my body was actually fine.

That was the first time I believed I could heal.

You’ll have your own version of this moment. Maybe on Day 4. Maybe on Day 6. Maybe not until Day 10. But it will come. The moment when you realize your body is on your side, not against you.

When it comes, let yourself feel it. Let yourself cry if you need to. You’ve been holding this pain alone for so long. You deserve that release.

What’s coming in Chapter 6.

After these three days of external work, we move to Days 7-9.

This is where things get more intense. Graduated internal work. Using your own finger. Your own hand. Your own control.

No rush. No pressure. Just step-by-step progress.

But before we go there, take the next three days seriously. Do the exercises. Practice stopping. Learn your own body.

This foundation is everything. Don’t skip it. Don’t rush it.

When you finish Day 6 and you’re ready for more, come back to this book.

Chapter 6 is waiting.

Chapter 6

Days 7-9 — The Gradual Work (Your Hand, Your Pace, Your Permission)

This is the chapter I was most scared to write.

Not because it's complicated. Because I remember how terrified I was to start this phase. How many nights I put it off. How many excuses I made.

Tomorrow. I'll do it tomorrow.

Maybe I don't actually need this part.

What if it hurts? What if I can't do it? What if I try and fail and then I know for sure that I'm broken?

That fear almost stopped me. If I hadn't been so desperate — so tired of pretending, so tired of crying on bathroom floors — I might have given up right here.

I didn't give up. And I'm so glad.

Because this phase is where everything changed. Where the abstract became real. Where I stopped reading about healing and started actually healing.

You can do this. I promise.

Why your own finger is safer and smarter than anything else right now.

You might be thinking: *shouldn't I use a dilator? Isn't that what the internet recommends?*

You could. But here's why I want you to start with your own finger instead.

Control. Your finger is connected to your hand. Your hand is connected to your brain. You can feel everything — the pressure, the angle, the tension, the response. You can adjust in real time. A dilator can't do that.

Cost. Dilators cost money. Good ones cost ~~N~~\$50,000 or more. Plus shipping. Plus the embarrassment of having them delivered. Your finger is free.

Shame. There's something about a medical device that makes this feel like a "condition." Like something is wrong with you. Your own finger? That's just you. Your body. Normal.

Gradualness. Your finger is small. Smaller than you think. Smaller than his finger. Much smaller than his penis. Starting this small is smart. It's not cheating. It's not taking the easy way out. It's being strategic.

I used my finger for two weeks before I could even think about anything larger. That was the right pace for me. Find your own pace.

The step-by-step technique for graduated internal work.

Before we start, let me give you the most important rule: **if it hurts, stop.**

Not "push through." Not "try harder." Not "just a little more."

Stop.

Take a breath. Try again tomorrow. Or try a different angle. Or try less pressure. But don't continue through pain. That's the old way. That's what got us into this mess.

Pain is information, not instruction. It's telling you "not yet." Listen to it.

Preparing:

Wait until you're alone. Lock the door. Lie on your bed with pillows supporting your head and knees. Take three 4-7-8 breaths. Do a few squeeze-and-release cycles to remind your pelvic floor what relaxation feels like.

Have a small amount of lubricant nearby. Water-based is fine. Nothing fancy.

Wash your hands thoroughly. Trim your nails if they're long.

Now. Take another breath.

The technique (Day 7):

Apply a small amount of lubricant to your index finger.

Lie on your back with your knees bent and falling open. Like you're making a diamond shape with your legs. This position naturally relaxes the pelvic floor.

Take a breath. Exhale slowly.

Gently place your lubricated finger at the entrance of your vagina. Not inside. Just resting at the opening.

Notice: does this feel okay? Is your body tensing? Breathe.

When you feel ready — not rushed, not forced — apply the slightest pressure inward. Like you're testing a door to see if it's unlocked. Not pushing. Just... asking.

If your muscles resist, stop. Take a breath. See if they relax on the exhale. Then try again.

The goal for Day 7 is NOT to insert your finger fully. The goal is just to get comfortable with the idea of something at the entrance. Maybe you insert half a centimeter. Maybe just the tip. Maybe nothing at all — just resting your finger there is progress.

Spend 3-5 minutes. Then stop. Wash your hands. Breathe. You did it.

Day 8:

Same preparation. Same position. Same breathing.

Today, see if you can insert your finger a little deeper. Not all the way. Just a little more than yesterday.

Move slowly. Breathe on the exhale as you insert. This is important — the exhale tells your pelvic floor to relax.

If you feel pain, stop. Don't go deeper. Just stay where you are and breathe. See if the pain fades. If it doesn't, withdraw slightly until it does.

The goal for Day 8 is to find the edge — the point just before pain — and stay there. Not push past it. Just be there. Let your body learn that this edge is safe.

Spend 5-7 minutes.

Day 9:

Same preparation. Same position. Same breathing.

Today, see if you can insert your finger fully. Not forcefully. Gently. All the way until your finger is completely inside.

You might feel fullness. You might feel pressure. You might feel a sense of “oh, there's something in there.” That's fine. That's normal.

What you should NOT feel is sharp pain, burning, or tearing. If you feel those, you're not ready yet. Stay at the depth from Day 8 for another day or two.

If you can insert fully without pain, just rest there for a minute. Your finger inside you. Nothing moving. No agenda. Just... being.

Then gently withdraw. Breathe. Notice how you feel.

The “30 seconds, then 1 minute, then 2 minutes” progression.

Here's a framework that helped me build tolerance without getting overwhelmed.

Instead of trying to do everything at once, break it into time chunks.

Day 7: Insert as far as comfortable. Hold for 30 seconds. Remove. Rest. Repeat 2-3 times.

Day 8: Insert to the same depth (or slightly deeper). Hold for 1 minute. Remove. Rest. Repeat 2-3 times.

Day 9: Insert to full depth (if ready). Hold for 2 minutes. Remove. Rest. Repeat 2-3 times.

Notice how we're not increasing depth AND time on the same day. Pick one variable to change. Depth OR time. Not both.

This prevents overwhelm. It gives your body time to adjust. And it builds confidence because you're hitting small, achievable targets.

What to do if you feel pain (stop. breathe. try again tomorrow.).

Pain during these exercises is not failure. It's information.

Here's what different pains might mean:

Sharp, stabbing pain at the entrance: Your pelvic floor is clenching hard. Stop. Breathe. Try a shallower depth tomorrow.

Burning sensation inside: You might need more lubricant or a slower pace. Add lube. Slow down. Breathe.

Cramping or aching: You might have been holding tension without realizing it. Stop. Do 4-7-8 breaths until the cramping fades.

Emotional pain — crying, panic, shame: This is real. This matters. Stop the physical exercise. Breathe. Cry if you need to. Talk to yourself like you'd talk to a friend: "You're okay. You're safe. You don't have to do anything you're not ready for."

Never push through pain. Not physical pain. Not emotional pain.

Pushing through is what you've been doing for months. It hasn't worked. Try something different. Try stopping. Try breathing. Try again tomorrow.

The moment I realized "wait — that didn't hurt."

I remember exactly when it happened.

Day 9. Maybe my fourth attempt at this phase. I was lying on my bed, doing the breathing, trying not to psych myself out.

I inserted my finger. Slowly. Breathing on the exhale.

And somewhere around the second knuckle, I realized: *wait. that didn't hurt.*

No burning. No tearing. No sharp pain. Just... fullness. Pressure. A sensation I couldn't name because I'd never felt it before.

I started laughing. Not because anything was funny. Because I was so shocked. My body had done something different. Something new. Something that wasn't agony.

I stayed there for a full three minutes. Just breathing. Just feeling. Just letting myself believe that maybe — just maybe — I wasn't broken after all.

That moment changed everything. Not because I was healed. I wasn't. There was still work to do. But because I had proof. Proof that my body could do this. Proof that the pain wasn't permanent.

You'll have your own version of this moment. It might come on Day 9. It might come on Day 14. It might come after you finish this guide and try again on your own.

But it will come. Keep going until it does.

A note about blood.

Sometimes during these exercises, you might see a small amount of blood. Especially if you've never inserted anything before, or if you've had pain that caused small tears.

A few drops is normal. Bright red blood in small amounts usually means a small surface tear. It will heal in a day or two.

Here's what to do: stop for the day. Clean up. Don't try again until the bleeding stops completely (usually 24 hours). When you restart, use more lubricant and go slower.

If you see heavy bleeding — like a period — or if the bleeding doesn't stop after a day, or if you're in significant pain, see a doctor. This is rare, but don't ignore it.

Most women won't experience any bleeding at all. I'm telling you this so you don't panic if it happens.

What's coming in Chapter 7.

After these three days of internal work, something shifts.

Not just physically. Emotionally. You've done something brave. You've faced a fear that most women never face. You've touched yourself without shame. You've felt your own body from the inside.

Now we need to talk about your husband.

Chapter 7 is about the conversation you've been dreading. How to tell him what's been happening. What to say. What not to say. How to protect his feelings AND yours.

This conversation is scary. I won't pretend it isn't. But it's also necessary. You cannot heal in secret forever. At some point, you need to let him in.

The next chapter gives you the exact words to use.

But first: finish Days 7-9. Take your time. Don't rush.

Your body is learning a new language. Be patient with it.

Chapter 7

Days 10-12 — How To Tell Your Husband Without Destroying Him

This is the chapter you've been dreading.

I know because I dreaded it too. For months. Every night I told myself "tomorrow I'll tell him." Every morning I woke up and found a reason to delay.

He's stressed about work. I don't want to add to it.

We have family coming this weekend. Bad timing.

What if he gets angry? What if he gets sad? What if he looks at me differently forever?

So I stayed quiet. And the silence got heavier. And the distance between us grew.

Until one day I realized: I'm not protecting him by staying silent. I'm protecting myself. And my silence is actually pushing him away.

He already knew something was wrong. He just didn't know what. And because I wasn't telling him, he was inventing his own explanations.

She's not attracted to me anymore.

She's cheating.

She regrets marrying me.

Those were the stories he was telling himself. Stories that weren't true. But how could he know the truth if I never told him?

That's when I knew I had to speak. Not because I was brave. Because the lies were worse than the truth.

The conversation I was terrified to have — and how it actually went.

Let me tell you what I thought would happen.

I thought my husband would look at me with disgust. I thought he'd accuse me of lying. I thought he'd say "so you've been faking this whole time?" I thought he'd feel betrayed. I thought he'd leave me.

Here's what actually happened.

I waited until we were lying in bed, lights off, no pressure for sex. Just the two of us in the dark.

I said: "Can I tell you something I've been scared to say?"

He said: "Of course. What's wrong?"

I started crying. Couldn't help it. The words got stuck.

He held my hand. Waited.

I said: "Sex has been hurting me. Not a little. A lot. Every time. I've been pretending because I was terrified you'd think something was wrong with me. Or with us. But I can't keep pretending anymore."

He was quiet for a long time.

Then he said: "Why didn't you tell me?"

Not angry. Not accusatory. Just... sad. Confused.

I said: "I was scared you'd leave."

He pulled me closer. Said: "I'm not going anywhere. I thought something was wrong with ME. I thought you didn't want me anymore."

We both cried. Held each other. Talked for two hours.

And something shifted between us. Not just about sex. About everything. The honesty created a closeness we hadn't had in months.

I'm not telling you this to make you jealous or to promise that your conversation will go exactly the same way. Every husband is different.

But I am telling you that most men react better than we imagine. Because most men love their wives. And most men have also been wondering what's wrong — they've just been blaming themselves instead of you.

Script #1: "I need to tell you something I've been scared to say."

Here are the exact words I used. You can use them too. Change whatever doesn't fit your situation.

"Can we talk? There's something I've been scared to tell you, and I can't keep it inside anymore."

"When we have sex, it hurts me. Not a little. A lot. It's been hurting since the beginning, but I didn't know how to tell you because I was terrified of how you'd react."

"I've been pretending because I didn't want you to think something was wrong with you — or with us. But pretending is exhausting, and I can't do it anymore."

"I need you to know: this is not your fault. It's not about attraction. I love you. I want you. But my body is doing something I don't understand, and I need your help to figure it out."

That's it. Short. Honest. No blame. No drama.

The key phrases:

- *"I've been scared to tell you"* — shows vulnerability, not accusation
- *"It hurts me"* — names the problem without blaming his body
- *"I've been pretending"* — honest about the past without shame
- *"This is not your fault"* — crucial. Most men immediately assume it is.
- *"I need your help"* — invites him into the solution instead of making him the problem

Script #2: "Here's what I need from you right now."

After you've told him, he'll probably have questions. Or he might be silent. Or he might try to "fix" it immediately.

Before he responds, say this:

"Right now, I don't need you to solve anything. I just need you to listen. And to know that I'm not rejecting you. I'm asking you to be on my team while I figure this out."

"What would help me most is patience. And not initiating sex for a little while — not because I don't want you, but because I need time to heal without pressure."

"I have a plan. I'm following a guide that's helping me. What I need from you is to trust me and give me space to do this work. I'll keep you updated. And when I'm ready, I'll come to you."

This script does three things:

1. **Sets expectations** — he doesn't need to solve anything right now
2. **Removes rejection** — you're not saying "I don't want you," you're saying "I need time"
3. **Gives him a role** — trust you, give you space, wait. Men need a job. This is his job.

What to say when he asks "Is it me?" (he will ask this).

He will ask. Almost certainly. Maybe not right away. Maybe later that night. Maybe the next day. But he will ask.

"Is it something I'm doing wrong?"

"Am I too big?"

"Do you not find me attractive anymore?"

"Is there someone else?"

Here's how to answer:

"No. It's not you. I promise you — this is happening in my body. It has nothing to do with how I feel about you."

“I love you. I’m attracted to you. That’s why this has been so hard — because I want to be close to you, and my body keeps getting in the way.”

“The problem is not your body. It’s my muscles. They clench without me controlling them. It’s a physical condition. It has a name. And it has a fix.”

“I’m working on the fix. I just need you to be patient with me while I do.”

Do not say: *“It’s not you, it’s me”* — that sounds like a breakup line.

Do not say: *“You’re fine, don’t worry about it”* — he will worry more.

Do say exactly what I wrote above. Name the problem. Reassure him. Give him a path forward.

Why most men react better than you’re imagining.

Here’s what I’ve learned from talking to hundreds of women going through this.

The fear of telling our husbands is almost always worse than the actual conversation.

Why?

Because we imagine the worst-case scenario. We imagine anger, rejection, disgust. But most husbands — most good husbands — don’t respond that way.

They respond with concern. With confusion. With relief that it’s not about them.

Remember: your husband has also been wondering what’s wrong. He’s noticed the distance. He’s noticed your excuses. He’s wondered if you still love him.

When you finally tell him the truth, you’re not destroying him. You’re giving him answers. You’re replacing his scary, vague fears with a specific, solvable problem.

“She doesn’t love me anymore” → terrifying, no solution

“She’s in pain during sex and needs time to heal” → manageable, has a plan

Which one would you rather hear?

What if he reacts badly?

I won't lie. Some men react poorly. They get angry. They feel betrayed by the pretending. They make it about themselves.

If that happens, here's what to do:

First, don't panic. His first reaction might not be his true reaction. Men often react with anger when they're actually scared or hurt. Give him time to process.

Second, stay calm. Don't apologize for telling the truth. You did the right thing. His reaction is his responsibility.

Third, say this: *"I understand you're upset. I should have told you sooner. I'm sorry for that. But I'm telling you now because I want us to get through this together. Can we take a break and talk again tomorrow?"*

Fourth, if he becomes verbally abusive, physically threatening, or refuses to listen at all — that's a different problem. That's not about vaginismus. That's about his character. You may need outside help (counselor, pastor, trusted elder) to mediate.

But for most women reading this guide, that won't happen. Most husbands will surprise you with their gentleness.

The 5 questions he'll ask (and how to answer them).

Question 1: *"How long has this been happening?"*

Answer: "Since the beginning, honestly. But it's gotten worse because I've been so scared to tell you."

Question 2: *"Why didn't you tell me sooner?"*

Answer: "Because I was terrified. I thought you'd blame yourself. I thought you'd leave. I was wrong not to trust you. I'm sorry."

Question 3: *"Does this mean no more sex?"*

Answer: "Not forever. Just for a little while. I'm following a 14-day plan to heal. After that, we can try again — slowly, differently, with you helping me instead of me pretending."

Question 4: *"Is there anything I can do?"*

Answer: “Yes. Be patient. Don’t initiate sex for now — let me come to you when I’m ready. Ask me how I’m doing, but don’t push. And know that I love you. This isn’t about you.”

Question 5: *“Are you seeing someone else?”*

Answer: “No. Absolutely not. You’re the only one I want. That’s why I’m telling you the truth instead of just disappearing.”

What’s coming in Chapter 8.

After you’ve had the conversation — or even if you haven’t yet — we move to the final phase.

Days 13-14. The first pain-free attempt.

Yes, really.

Chapter 8 teaches you the side-lying position (reduces pelvic tension by 70% automatically). The safe word that means “stop immediately, no questions asked.”

How to guide his hand before his body.

And what “success” looks like. Spoiler: it’s not perfection. It’s progress.

But before we go there, you need to have the conversation. Or at least be ready to have it soon.

You cannot do Days 13-14 in secret. He needs to know what’s happening. He needs to be on your team.

So if you haven’t told him yet, use the scripts in this chapter. Pick a time when you’re both calm. Not right before sex. Not right after a fight. Just... a normal evening.

Say the words.

It will be hard. You might cry. He might cry.

But when it’s over, you’ll feel lighter than you have in months.

I promise.

Chapter 8:

Days 13-14 — The First Pain-Free Attempt (Yes, Really)

You made it.

You've done the breathing. You've done the mirror work. You've touched yourself alone. You've done the gradual internal work. You've had the terrifying conversation with your husband.

Maybe not perfectly. Maybe with stumbles and setbacks and tears. But you did it.

And now you're here. Day 13. Ready to try again — but this time, completely differently.

I need you to understand something before we start: **this might not work perfectly the first time.**

That's okay. That's normal. That's not failure.

The goal for Day 13 and Day 14 is not "pain-free sex like in the movies." The goal is *one small step forward*. One moment where something feels different. One glimpse of what's possible.

If you have pain-free sex on Day 14, amazing. Celebrate. You're ahead of schedule.

If you don't — if it still hurts a little, if you need to stop, if you only manage a few seconds — that's also success. Because you tried. Because you were honest. Because you broke the pattern of pretending.

Healing is not linear. Some days you go forward. Some days you go backward. Some days you stay exactly where you are.

That's all fine. Just keep going.

The side-lying position that reduces pelvic tension by 70% automatically.

Here's something I wish someone had told me on my wedding night.

Certain positions make vaginismus worse. Certain positions make it better.

The worst position? You on your back with him on top. That position naturally increases pelvic floor tension. Your muscles have to work against gravity. The angle can be uncomfortable. And you feel trapped underneath him.

The best position? **Side-lying.**

Here's how to do it:

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

Bend your knees slightly. He enters you from behind.

That's it.

Why does this work?

- Gravity is on your side — nothing pressing down on your pelvis
- You control the angle by moving your hips forward or back
- You can't see his face (reduces performance anxiety)
- You can easily pull away if you need to stop
- Your pelvic floor naturally relaxes more in this position

The first time my husband and I tried side-lying, I almost cried. Not from pain. From relief. Something that had been impossible for months suddenly felt... possible.

Not perfect. Not pain-free. But possible. The burning was less. The tearing sensation was gone. There was still discomfort, but it wasn't agony.

That was enough. Enough to give me hope. Enough to keep going.

Try side-lying. It might change everything for you too.

The safe word that means "stop immediately, no questions asked."

Before you attempt any penetration with your husband, you need a safe word.

Not "stop" — because sometimes "stop" can sound like "don't stop" in the moment.

Not "ouch" — because he might not realize how serious it is.

Pick a word that means **full stop, everything pauses, no explanations needed.**

Examples:

- “Red” (simple, clear, impossible to misunderstand)
- “Pause” (direct, not romantic, gets the point across)
- A random word like “pineapple” or “yellow” (less awkward to say)
- Tapping his arm twice (if you can’t speak)

Here’s the rule: when you say the safe word, he stops immediately. Doesn’t matter how close he is. Doesn’t matter if he thinks you’re overreacting. He stops. He pulls out. He asks “are you okay?”

No arguments. No “just a little more.” No guilt trips.

The safe word is sacred. It’s the thing that makes trying again possible — because you know you have an escape hatch.

Practice using it. Even when you don’t need to. 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. And trust relaxes your pelvic floor.

How to guide his hand before his body.

Here’s the sequence I recommend for your first attempt with your husband.

Step 1: Just cuddle.

Lie together. Clothes on or off, whatever feels safe. Hold each other. Talk. Laugh. Remember that you like each other.

No pressure. No agenda.

Step 2: You touch him first.

Take control. Touch his chest. His back. His arms. Remind your body that touching him is safe and nice.

Step 3: He touches you — but only where you guide his hand.

Take his hand. Place it on your stomach. Say “here.” Then move it to your thighs. Say “here.” Then to your outer genitals. Say “here — but only outside.”

You are in charge. You decide where his hand goes. You decide when to move it.

Step 4: He touches you externally while you breathe.

Let him touch your external areas while you do the 4-7-8 breath. Focus on relaxing your pelvic floor. If you feel tension building, say “slower” or “lighter” or “stop.”

Step 5: You guide his finger (not his penis).

When you’re ready — and only when you’re ready — take his hand. Guide his finger to your entrance. Say “very slow.”

Show him the pace. Show him the pressure. Breathe together.

If you can tolerate his finger without pain, stay there for a few minutes. Let your body learn that *his* touch can feel the same as *your* touch.

Step 6: Side-lying, you control the depth.

Move into side-lying position. You in front, him behind. He enters — but YOU control the depth.

How? By moving your hips backward onto him. Not him thrusting forward. You moving back.

This puts YOU in control. You decide how much, how fast, how deep.

If you feel pain, stop moving backward. Breathe. See if the pain fades. If it doesn’t, say the safe word.

If you feel okay, stay there for a few seconds. Then gently pull away. That’s enough for Day 13.

Step 7: Stop while it still feels okay.

This is the most important rule: **stop while you still want to continue.**

Don't push until it hurts. Don't try to "get through it." Stop while things are still good. Even if it's only been 30 seconds. Even if you think you could do more.

Why? Because ending on a good note teaches your brain: *sex can be safe. sex can stop before pain.* That memory will make next time easier.

What "success" looks like (hint: not perfection).

Let me redefine success for you.

Success is NOT:

- Pain-free penetration
- Both of you having orgasms
- Sex that looks like the movies
- Him being completely satisfied

Success IS:

- You said the safe word when you needed to
- You stopped before the pain got bad
- You felt something other than agony, even for a moment
- You were honest with your husband instead of pretending
- You tried, even though you were scared

That's it. That's enough.

If you attempt penetration and it hurts immediately, and you say "red" and stop — that's success. Because you didn't pretend. You didn't suffer in silence. You used your voice.

If you manage 10 seconds of penetration with discomfort but not pain — that's success. Because 10 seconds is more than zero seconds. And tomorrow you might get 15 seconds.

If you try and realize you're not ready at all, and you just cuddle instead — that's success. Because you listened to your body instead of overriding it.

Healing is not a straight line. Some days you go forward. Some days you go backward. Some days you stand still.

All of it is progress.

What happened on my Day 14 — and what I want to happen on yours.

My Day 14 was not a movie.

We tried side-lying. I controlled the depth. I got about halfway in before I felt the burning start.

I said "red." He stopped immediately.

We lay there for a minute. I cried a little — not sad tears, just overwhelmed tears. He held me. Said "you're doing great. I'm proud of you."

Then we tried again. Same position. This time, I got a little deeper before I said "red."

Then we stopped. Cuddled. Ate dinner. Watched TV. Didn't try again that night.

Was it perfect? No. Was it pain-free? Not completely. Was it success? Absolutely.

Because for the first time in 14 months, I didn't pretend. I didn't fake a moan. I didn't count ceiling tiles. I was honest. He was kind. We were on the same team.

That night, I fell asleep in his arms without crying in the bathroom first. That was the real win.

Here's what I want for you on Day 14: **honesty, not perfection.**

I want you to try. I want you to use your safe word if you need to. I want you to stop before the pain gets bad. I want you to feel proud of yourself for not pretending.

If you get further than that — if you have genuinely pain-free sex — I'll be thrilled for you. But that's not the goal. The goal is breaking the cycle of silence.

You've already done so much. Don't let one imperfect attempt undo all your progress.

A note for husbands (if he's reading along).

I wrote this guide for women. But if your wife asked you to read this chapter, welcome.

Here's what you need to know:

Your wife has been suffering in silence for months. Maybe longer. Not because she doesn't love you. Because she was terrified of how you'd react.

She's not broken. She's not rejecting you. She has a physical condition called vaginismus — her pelvic floor muscles clench involuntarily during penetration. It's not her fault. It's not yours.

What she needs from you:

- Patience (this takes time)
- Gentleness (no pushing, no pressure)
- The ability to stop immediately when she says the safe word
- Reassurance that you still love her

What she does NOT need:

- Guilt trips about “blue balls”
- Comparisons to exes or “normal” couples
- Pressure to “just try harder”
- You taking over and trying to “fix” her

She's following a plan. Trust her. Support her. Ask her what she needs.

And know this: most couples who go through this come out stronger on the other side. Because you learn to communicate. Because you learn to be vulnerable. Because you learn that your marriage is about more than sex.

You can do this. Together.

What's coming in the Conclusion.

After Day 14, you might feel relieved. You might feel disappointed. You might feel confused.

That's all normal.

The Conclusion pulls everything together. It gives you the 3-minute daily maintenance routine (so this never comes back). It includes a letter to your younger self. And it tells you where to go from here.

But before we close this guide, I want you to do one more thing.

Turn the page.

Conclusion

You Are Not Broken. You Never Were.

Let me tell you something I wish someone had told me on Day 1.

You are not broken.

I know you've felt broken. I know you've looked in the mirror and seen a defective woman. I know you've wondered if you'll ever be "normal."

But here's the truth: your body was doing exactly what it thought it needed to do to protect you.

The clenching? That was your muscles saying "something hurts, let me block it."

The fear? That was your brain saying "remember how much that hurt last time, let me warn you."

The pretending? That was your heart saying "I love him so much I'd rather suffer than lose him."

None of that is brokenness. That's survival. Your body and brain and heart were trying their best with the information they had.

Now you have more information. Now you have tools. Now you have a plan.

And now you get to choose something different.

What your life looks like 30 days from now.

Let me paint you a picture. Not a fantasy. Not a guarantee. But a possibility.

Thirty days from now, you wake up next to your husband. You stretch. You smile at him. There's no knot in your stomach.

You've been doing the maintenance routine. Three minutes a day. Sometimes alone. Sometimes with him. It's just part of your day now, like brushing your teeth.

Last night, you had sex. Not perfect sex. Not movie sex. But real sex — the kind where you're actually present in your body, not trying to escape it.

You felt some discomfort at first. You said “slower” and he listened. You breathed through it. And after a few minutes, the discomfort faded into something else. Something you'd almost forgotten existed.

Pleasure. Not fireworks. Not screaming orgasms. Just... warmth. Connection. The feeling of being close to someone you love without pain.

Afterward, you didn't run to the bathroom to cry. You lay there in his arms. You talked about nothing important. You fell asleep together.

In the morning, you don't replay the whole thing in your head, analyzing every moment, wondering if you did it right. You just... live your day.

You're lighter. Not because your problems disappeared. Because you stopped carrying them alone.

That's what's possible. Not overnight. Not without effort. But possible.

The 3-minute daily maintenance routine (so this never comes back).

Healing doesn't end on Day 14. Your pelvic floor has spent months — maybe years — learning to clench. It needs ongoing practice to remember how to relax.

Here's your maintenance routine. Three minutes a day. That's it.

Morning (1 minute):

- Lie in bed before you get up
- Three cycles of 4-7-8 breath
- One squeeze-and-release (clench for 3 seconds, release for 5)
- Notice: does your pelvic floor feel tight? Breathe into it.

Evening (2 minutes):

- Before sleep, lying down

- Five cycles of 4-7-8 breath
- Three squeeze-and-release cycles
- If you had sex that day: take an extra minute to breathe and notice how your body feels. No judgment. Just noticing.

That's it. One hundred and eighty seconds. Less time than scrolling through Instagram.

Do this every day. Not because something bad will happen if you skip. Because something good will happen if you don't. Your body will remember. The relaxation will become automatic. And the pain will stay away.

A letter to your younger self (write it — trust me).

Before you close this guide, I want you to do one more thing.

Get a notebook. Or open a note on your phone. Write a letter to yourself. The you from six months ago. The you who was crying on bathroom floors and Googling symptoms at 2am.

Here's what I wrote to mine:

Dear me from a year ago,

I know you're scared. I know you think you're broken. I know you've started to believe that this is just how marriage is — that you'll be pretending forever.

You're wrong. It gets better. Not overnight. Not without work. But it gets better.

You're not broken. You have a condition with a name and a fix. You're not the only one. There are thousands of women going through the exact same thing right now.

And here's what you need to know: you're going to tell him. And he's going to hold you. And you're going to cry together. And it's going to be the beginning of something new.

You're going to heal. Not because you're special. Because you're going to keep showing up, even when it's hard.

I'm proud of you for not giving up.

Love, me

Write your own version. Be honest. Be kind. Be the person you needed back then.

You don't have to show it to anyone. This is for you.

Where to go from here.

You've finished the guide. But your healing journey is just beginning.

Here's your roadmap for the next 30 days.

Week 1 (right now):

- Keep doing the 4-7-8 breath daily
- If you haven't told your husband yet, use the scripts from Chapter 7. This week.
- Practice the external touch exercises from Chapter 5 if you need to rebuild confidence

Week 2:

- Continue the maintenance routine
- If you're ready, repeat Days 7-9 (gradual internal work) on your own
- Practice side-lying position alone (just the position, no penetration) so your body learns it's safe

Week 3:

- Attempt partner work using the sequence from Chapter 8
- Use the safe word. Practice stopping.
- Celebrate every small win

Week 4:

- By now, most women notice significant improvement

- If you're still struggling with pain, that's okay. Go back to earlier chapters. Repeat phases. Healing isn't linear.
- Consider joining a support group (online or local) for women with vaginismus. You'd be shocked how many of us there are.

A final word from someone who's been where you are.

I wrote this guide because I needed it and couldn't find it.

I needed someone to tell me I wasn't broken. I needed someone to explain what was happening to my body in words I could understand. I needed someone to give me a step-by-step plan that didn't require expensive doctors or embarrassing appointments.

I needed permission to stop pretending.

So I wrote the guide I wished I'd had. And now it's yours.

Here's what I want you to remember:

You are not alone. There are women reading this same guide right now in Abuja and Lagos and London and New York. Women who have been suffering in silence just like you. You are part of a sisterhood now.

You are not broken. Your body is not your enemy. It's been trying to protect you. Now you get to teach it a new way.

You are not doomed to pretend forever. This condition has a name. It has a fix. Thousands of women have healed. You will too.

You deserve pain-free intimacy. Not because you've earned it. Not because you've been good enough. Because you're a human being with a body that deserves to feel pleasure, not agony.

One more thing.

If no one has told you this lately: I'm proud of you.

I'm proud of you for reading this guide. For facing your fear. For being brave enough to admit that something is wrong.

Most women never get this far. They pretend forever. They suffer in silence. They let the shame eat them alive.

Not you. You chose different. You chose honesty. You chose healing.

That takes courage. Real courage.

Now go live your life. Not the pretend version. The real one.

You've earned it.

With love,

Eki Omoregie

About The Author

Eki Omoregie is a Nigerian woman who spent fourteen months suffering from undiagnosed vaginismus before discovering the at-home techniques that saved her marriage.

She is not a doctor. She is not a therapist. She is a woman who has been where you are — crying on bathroom floors, Googling symptoms at 2am, faking moans while counting ceiling tiles.

After healing her own body using the methods in this guide, she made a promise: she would never let another newlywed woman suffer in silence the way she did.

She lives in Abuja with her husband and their two children. She still does her 4-7-8 breath every morning. Some habits are worth keeping.

Disclaimer

This guide is for informational purposes only and does not constitute medical advice. The author is not a medical professional. Vaginismus and pelvic floor dysfunction can have many causes, including underlying medical conditions that require professional diagnosis and treatment.

If you experience severe pain, heavy bleeding, or symptoms that do not improve with the techniques in this guide, please consult a qualified healthcare provider — a gynecologist, pelvic floor physiotherapist, or sexual health specialist.

The author and publisher disclaim any liability for any adverse effects arising from the use or application of the information contained in this guide. Every woman's body is different. What worked for the author may not work for you. Use your judgment. Listen to your body. Seek professional help when needed.