

The 30-Day Maintenance Journal

HOW TO USE THIS JOURNAL

After you complete the 14-day protocol, spend 30 days in maintenance. Each day:

1. Do your 3-minute maintenance routine (from the main guide)
2. Read the daily prompt below
3. Write one sentence — or one paragraph. Whatever comes.
4. Close the journal and go live your day.

There are no wrong answers. This is for you.

Day 1 — The Beginning of Maintenance

Today, you start your maintenance routine. Three minutes. That's it.

Prompt: How does your body feel right now? Not good or bad — just... what do you notice?

Day 2 — The Breath Check

You've been doing the 4-7-8 breath for weeks now. It might feel automatic by now.

Prompt: When did you use the breath today? Was it helpful?

Day 3 — The Mirror Minute

Remember when looking at yourself felt impossible? Now it's just... normal.

Prompt: What do you see when you look at yourself now that you didn't see before?

Day 4 — Gratitude for Your Body

Your body has been trying to protect you this whole time. Even the clenching came from a place of protection.

Prompt: Name one thing your body does well. Not related to sex. Just something it does for you every day.

Day 5 — The Conversation Aftermath

If you've had the conversation with your husband, how is it sitting with you? If you haven't, are you getting closer?

Prompt: What's one word to describe how you feel about telling him?

Day 6 — The Safe Word

Your safe word is your power. You never have to pretend again.

Prompt: Have you used your safe word? If yes, how did it feel? If no, does having it make you feel safer?

Day 7 — One Week of Maintenance

One week down. You're building a new habit.

Prompt: What's been easier this week than you expected?

Day 8 — The Side-Lying Position

Side-lying changes everything for most women.

Prompt: Have you tried side-lying? Alone or with him? What did you notice?

Day 9 — What Healing Feels Like

Healing isn't linear. Some days you go forward. Some days you go backward.

Prompt: Describe today in one sentence. Forward, backward, or standing still?

Day 10 — The Fear Check

Fear drives the Pain Cycle. How is your fear doing?

Prompt: On a scale of 1-10 (1=no fear, 10=terrified), how afraid are you of sex right now? What changed since Day 1?

Day 11 — Small Wins

Healing happens in millimeters, not miles.

Prompt: What's one small win you've had in the last week?

Something that would have seemed impossible a month ago?

Day 12 — The Husband Check-In

If you've told him, how is he doing? If you haven't, are you ready?

Prompt: What does he need right now that you can give him without hurting yourself?

Day 13 — Pleasure vs. Pain

*For a long time, you might have forgotten that sex can feel good.
Your brain only remembers pain.*

*Prompt: Can you remember a time when sexual touch felt good?
Even a memory from before marriage? Just remembering is a start.*

Day 14 — Two Weeks of Maintenance

You've been maintaining for two weeks. That's half the journal done.

Prompt: What's different about your body compared to two weeks ago? Even something small.

Day 15 — The Clench Check

Your pelvic floor might still clench without you noticing. That's normal. Noticing is the first step.

Prompt: Right now, as you read this, is your pelvic floor relaxed or clenched? If it's clenched, can you let it go with a breath?

Day 16 — Permission to Stop

You have permission to stop anytime. During sex. During exercises. During anything.

Prompt: When was the last time you stopped something you didn't want to continue? How did it feel to choose yourself?

Day 17 — The Identity Shift

You used to think of yourself as "broken." That might be changing.

*Prompt: What label would you put on yourself now? Not "broken."
What word fits better?*

Day 18 — The Relapse Fear

It's normal to fear the pain coming back. That fear is your brain trying to protect you.

Prompt: If the pain came back tomorrow, what would you do? (The answer is in the main guide — the Relapse Rescue Protocol. You have a plan.)

Day 19 — Talking to Friends

You might not want to tell your friends. Or you might want to. Both are fine.

Prompt: If you could tell one person besides your husband, who would it be? What would you want them to know?

Day 20 — The Three-Week Mark

Three weeks of maintenance. Your pelvic floor is learning a new language.

Prompt: What's one thing you've learned about your body that you didn't know before this guide?

Day 21 — Celebrating Progress

You've come so far. Don't forget to notice.

Prompt: What's something you can do now that you couldn't do when you started this journey?

Day 22 — The Pressure to Be "Healed"

There's no finish line. Healing is ongoing. You don't have to be perfect.

Prompt: Where is the pressure to be "fully healed" coming from? Is it from him? From you? From somewhere else?

Day 23 — Your Body, Your Timeline

No one gets to rush you. Not him. Not your friends. Not the voice in your head.

Prompt: If you could give yourself permission to take exactly as long as you need, how would that feel?

Day 24 — The Good Days

Some days, sex will feel good. Some days, it won't. Both are normal.

Prompt: Describe a "good day" for your body. What does it feel like physically? Emotionally?

Day 25 — The Hard Days

Some days, the old fear comes back. That's not failure. That's being human.

Prompt: What do you need on a hard day? What helps you feel safe again?

Day 26 — What You've Lost

This condition has taken things from you. It's okay to mourn them.

Prompt: What's something you lost because of this pain?

Confidence? Trust? Joy? Name it. Feel it. Then let it go.

Day 27 — What You've Gained

Pain teaches us things we wouldn't learn otherwise. Not because pain is good — because surviving it changes us.

*Prompt: What's something you've gained from this experience?
Better communication? Body awareness? Compassion for yourself?*

Day 28 — The Four-Week Mark

Twenty-eight days of maintenance. Your pelvic floor has almost learned the new pattern.

Prompt: If your body could speak right now, what would it say?

Day 29 — Looking Back

Remember who you were on Day 1? Before the breath? Before the mirror? Before the conversation?

Prompt: What would you say to that woman? The one who was crying on bathroom floors?

Day 30 — The Next Chapter

You've finished the 30-day journal. But your healing continues.

Prompt: What's your next step? More solo work? More partner work? A check-in with a doctor? Or just... living? Whatever it is, write it down. Then go do it.

CONGRATULATIONS

You completed the 30-Day Maintenance Journal. Keep your 3-minute daily routine going. You've got this.
