

The "What to Say When" Script Library

20 Written Scripts for Daily Conversations

SECTION 1: When He Initiates, and You're Not Ready

Situation: He reaches for you. Your body tenses. You know you can't handle penetration right now.

Script 1 (Gentle): *"Can we just lie together tonight? I love being close to you. I'm just not there yet with my healing. Thank you for being patient with me."*

Script 2 (Direct): *"Not tonight, love. My body isn't ready. But can you hold me? That's what I need right now."*

Script 3 (Using the protocol language): *"I'm still in the solo phase of my healing. I promise I'll come to you when I'm ready. For now, can we just cuddle?"*

SECTION 2: When He Asks "Is It Me?"

Situation: He's internalizing your rejection. He thinks he's the problem.

Script 4 (Reassurance): *"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."*

Script 5 (Explaining the condition): *"It's called vaginismus. My pelvic floor muscles clench without me controlling them. It's physical. It's not about attraction. I love you."*

Script 6 (Redirecting to the solution): *"You're not the problem. My muscles are. And I'm working on fixing them. I just need you to stay on my team."*

SECTION 3: When He Gets Frustrated

Situation: He's tired of waiting. He says something like "when will this be over?" or "are we ever going to have normal sex again?"

Script 7 (Validating his feelings): *"I know this is hard for you too. I'm sorry you're going through this with me. Thank you for staying."*

Script 8 (Giving a timeframe): *"I'm following a 14-day plan. I can't promise it'll be perfect by then, but I promise I'm working on it every day."*

Script 9 (Setting a boundary): *"I understand you're frustrated. But pressure makes my body tighten more. The best way to help me heal is to be patient."*

SECTION 4: When He Asks "Are We Ever Going to Have Sex Again?"

Situation: He's scared. He needs hope.

Script 10 (Hope + honesty): *"Yes. That's the goal. I want to have sex with you. I miss being close to you. I just need it to not hurt anymore."*

Script 11 (Sharing progress): *"I'm making progress. Last week I couldn't insert my finger at all. Now I can. That's real progress. I'll get there."*

Script 12 (Inviting him in): *"When I'm ready, I'll come to you. And I'll teach you exactly how to touch me. We'll figure it out together."*

SECTION 5: When He Wants to "Help" But You're Not Ready

Situation: He's trying to be supportive, but his idea of "help" is taking over or pushing you to go faster.

Script 13 (Gentle redirection): *"I love that you want to help. What would actually help me right now is space. Let me come to you when I'm ready."*

Script 14 (Giving him a job): *"Here's how you can help: keep being patient. Don't initiate. Ask me how I'm doing, but don't push. That's what I need."*

Script 15 (Protecting your solo work): *"The first 9 days of this protocol are solo work. I need to do this alone. On Day 10, I'll tell you what I've learned, and we can talk about next steps."*

SECTION 6: When He Asks "Did You Ever Enjoy It? Even Once?"

Situation: He's questioning the entire history of your sex life. He feels betrayed by the pretending.

Script 16 (Honest but gentle): *"I enjoyed being close to you. I enjoyed feeling wanted. The pain wasn't your fault — it was happening in my body. I'm sorry I didn't tell you sooner."*

Script 17 (Reframing): *"I loved you every time. That part was real. The pain was also real. I was trying to protect you from it. I know now that was wrong. I'm telling you the truth because I want something real between us."*

Script 18 (Focusing forward): *"I can't change the past. But I can promise you this: from now on, I won't pretend. If it hurts, I'll tell you. If it feels good, you'll know. No more fake moans. Just us."*

SECTION 7: When He Asks "What Can I Do Right Now?"

Situation: He wants to take action. He needs a task.

Script 19 (The safe word explanation): *"Learn the safe word. It's [RED/PAUSE/YOUR WORD]. When I say it, you stop immediately. No questions. No pushing. That's how you help me feel safe enough to try."*

Script 20 (The side-lying position): *"Learn the side-lying position. When we're ready, that's what we'll try first. You behind me, both on our sides. I control the depth. That position reduces tension by 70% automatically."*

BONUS SCRIPT: What to Say After a Failed Attempt

Situation: You tried. It hurt. You had to stop. You're both disappointed.

Script (Debrief together): *"Thank you for stopping when I said the word. That helped me feel safe. I'm not giving up. We'll try again. Today just wasn't the day."*