



Plan for Overcoming Sexual Pain and Fear for a Woman

Dr Janet Hall: Psychologist

Author (book), – *Sex-life Solutions*

(CDs) Achieving Orgasms: Pleasurable and Pain-free Sex

www.drjanethall.com.au | www.sex-therapy.com.au

2/28 North Terrace Clifton Hill, 3068 - ph 9419 3010

1. Change Your Thoughts to Positives

- Journal writing to identify fears and pains; note feelings and thoughts about yourself and keep track of progress.
- Association webs to find relationships between difficulties.
- Cognitive Changes worksheets to change mistaken beliefs.
- Affirmations, imagery, and visualization to gain a positive expectation of your sexual goals.

2. Change Your Body Reactions to Positives

- Deep-breathing relaxation techniques to lower anxiety and learn to be in the moment.
- Progressive muscle relaxation to gradually relax and experience body sensations.
- Kegel exercises to gain a sense of control over your genitals.
- Gradual practice of touching your own genitals and introducing penetration into your vagina.
- Sensate focus (with partner) I-IV to learn to give and receive pleasure.