A woman with long brown hair is lying on her back on a white, fluffy rug. She is wearing a dark red, low-cut top. She is smiling and waving her right hand towards the camera. Several rose petals in shades of red, pink, and yellow are scattered around her. The background is a soft, out-of-focus white.

Katrin's Recipe

From Pain To Confidence



Hi,

Katrin here, founder of Vaginismus Sisters.

I know that navigating this private pain can be incredibly difficult, so I celebrate you for taking this step and diving into this initiation into your sexual liberation!

In my battle with vaginismus, it took me 6 years to go from the brick wall and excruciating pain to pleasurable PIV sex.. That was because I made a ton of mistakes and I've made it my mission to help you walk the most easeful path to your own erotic freedom!

I look forward to supporting you in claiming your sexual liberation.. And this is where we begin - Katrin's Recipe: From Pain To Confidence. A guide that leads you through breaking The Vicious Cycle of Pain and creating The Virtuous Cycle of Confidence.

By the end this experience, my intention is that you access a newfound sense of hope and feel CONFIDENT that you can and WILL overcome vaginismus!

Let's get started!

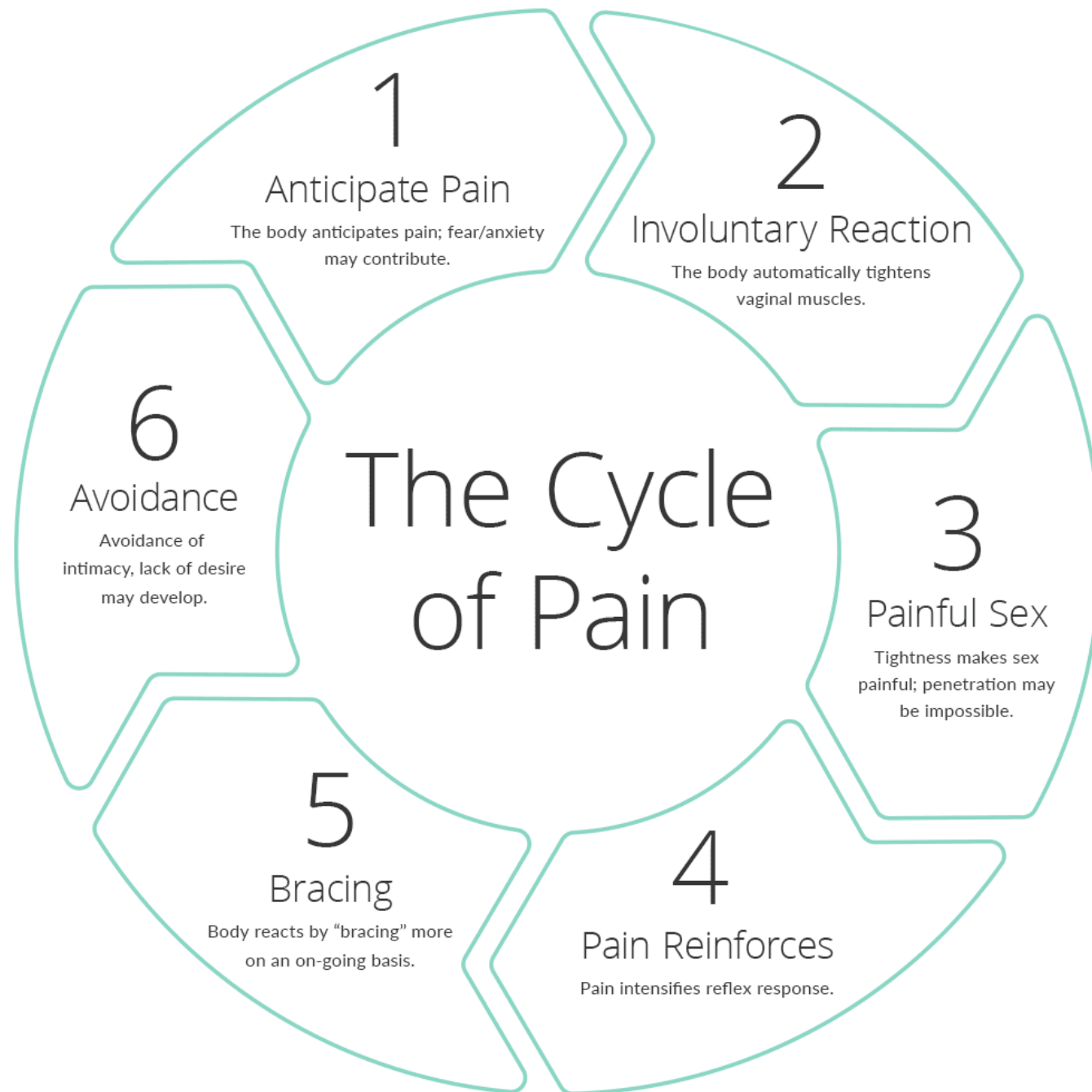


The Avalanche

When you don't know what is happening to your body, you may find yourself experiencing the agony of confusion, comparing yourself to others and losing hope that you can ever be 'normal'...

To make things worse, being unsure how to even start your journey in overcoming vaginismus triggers an additional avalanche of misery, frustration, stress, self-doubt, and an enormous amount of wasted time.

When I finally beat this misery of vaginismus, I realized that the negative feelings that come with it just worsen the body response. All because of the self fulfilling prophecy that you're familiar with now - The Cycle of Pain.



The Cycle of Pain

As a reminder, this cycle is in many ways a self-fulfilling prophecy.

You have an anticipation of pain, whether conscious or unconscious, created by your circumstances.

This leads to the involuntary reaction, where the body automatically tightens the pelvic floor muscles.

You experience painful sex as a result, where entry may be more difficult or impossible depending upon the severity of this tightened state.

This then creates a reinforcement of pain, because the pain you experienced during the attempt of sex reinforces the reflex response which intensifies the pain even more!

Next, your body reacts by bracing on an on-going basis, where the muscles tighten even at the thought of being intimate.

The anticipation of pain leads to its manifestation and then this pain is reinforced over and over again as you brace for yet another painful experience.

It's a "gift" that keeps on giving, so to speak.

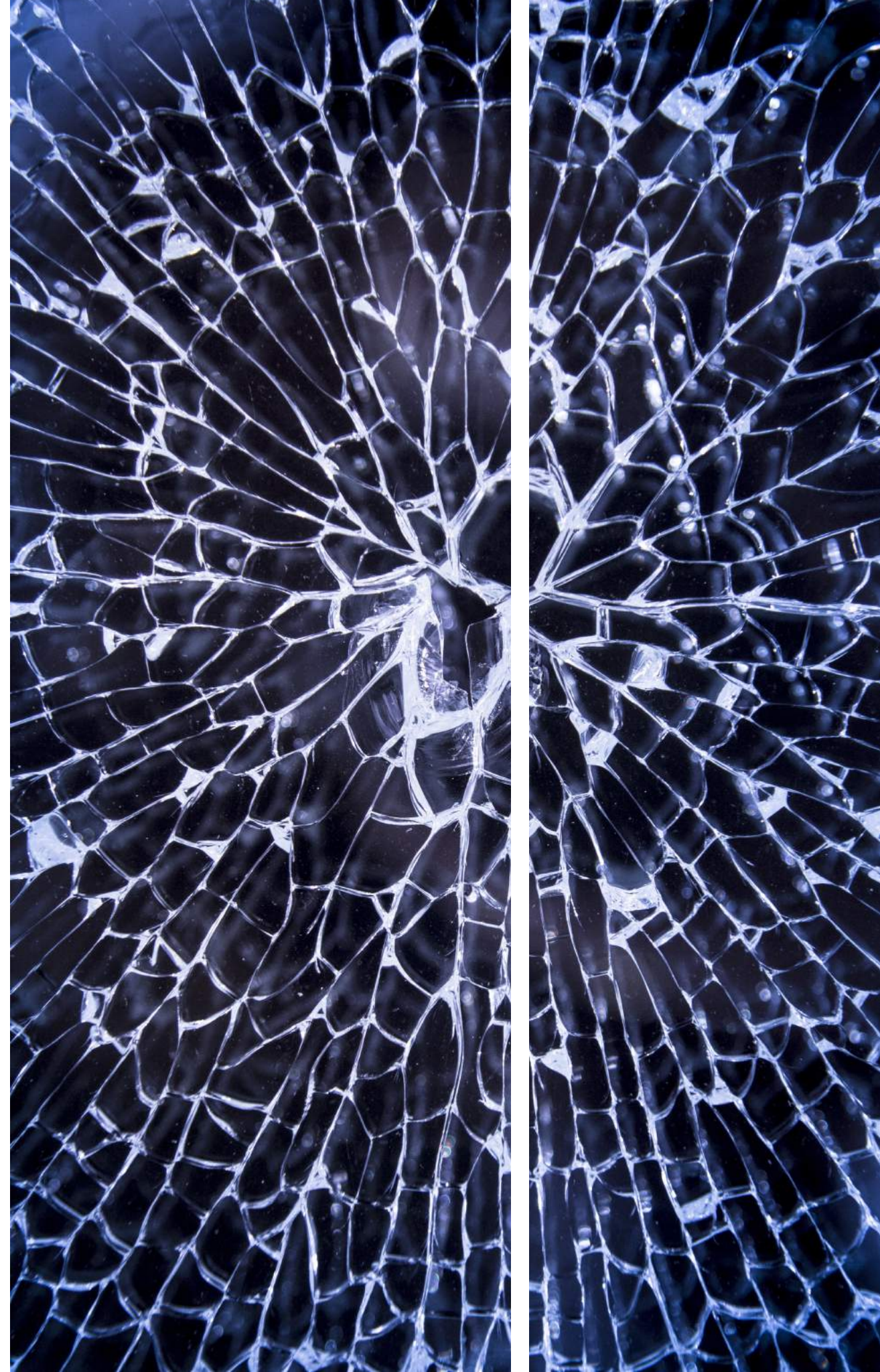
Breaking The Cycle

Since the experience of pain only worsens as you're stuck in the cycle, breaking the cycle of pain is actually THE thing that needs to happen for healing to be possible.

As you already know, the most reliable and effective method to break The Cycle of Pain and retrain your mind and body to stop associating penetration with pain is to engage in a PAIN FREE dilating practice,.

But what is the number one problem vulva owners face when trying to overcome vaginismus? Taking the step to purchase dilators and sticking to a practice that is effective!

I've created Katrin's Recipe - From Pain To Confidence to help you transition from The Cycle of Pain into a productive path to your sexual liberation. And so that you can engage in the process safely and bravely.





Mental > Physical

You see, it's incredibly important to live in a physical, but more importantly mental environment that is conducive to your success. A healthy state of mind that will keep you positive through the journey.

Realize that in almost any endeavour in life, your psychology and attitude about the goal is at least 80% of the game of making it a reality!

As you begin leaving behind the unhealthy pattern of pain, you must start building momentum by transitioning into a more empowering cycle. One that will keep you moving through the journey flawlessly.

One that will give you the drive and inspiration to start AND STICK WITH your dilating practice.

That's what The Cycle of Confidence is all about! By entering this empowering cycle, you foster the inner strength, conviction, vision and emotional intelligence needed to overcome vaginismus.

Let's dissect this cycle in its individual steps and see how it really works.

By the way, parts of this cycle have been inspired by the 5 forces you're utterly in control of, taught by Marie Forleo, multi-passionate entrepreneur.

The Cycle of Confidence

Similar to The Cycle of Pain, this cycle also keeps playing itself out. But this time, in your favour!

You first start building the powerful belief that achieving a pain free intimate life is possible for you.

This belief allows you to find clarity of what the road in getting there really looks like, as well as trust that following this road is doable.

Having these elements in place, what naturally follows is the courage to take a small step in the right direction along the clear path you have laid out for you.

With this courage, you'll find yourself engaging in your healing actively, by taking action! Learning will then automatically happen with each and every step you take and your efforts become more and more effective.

All of those forces together, exactly in that order, create a solid confidence within yourself that you're on the right path. And taking action using that confidence only solidifies the belief that you're going to succeed in becoming pain free and intimate!

And so the cycle continues, your confidence grows and you keep taking consistent action in the right direction. Effortlessly.





All In Your Control

Let's be honest...

Like it or not, countless circumstances will arise as you're working on overcoming vaginismus. Ones that feel beyond your control. You may face struggles related to your relationship to your body, how fast you're making progress and getting discouraged by others.

Sometimes you'll even have to contend with Mother Nature!

The trick is training yourself to direct the majority of your time, energy and focus on what you CAN control instead of what you can't.

The good news is that EACH of the powerful forces of The Cycle of Confidence are always 100% completely within your control.

Also, while each of these forces is immensely valuable on its own, the real magic lies in the cycle itself. Each force creates and strengthens the next, so the progress and confidence that you experience keeps on building.

So by directing your time, energy and focus to staying confident through the journey, you'll give yourself the best possible chance for success!

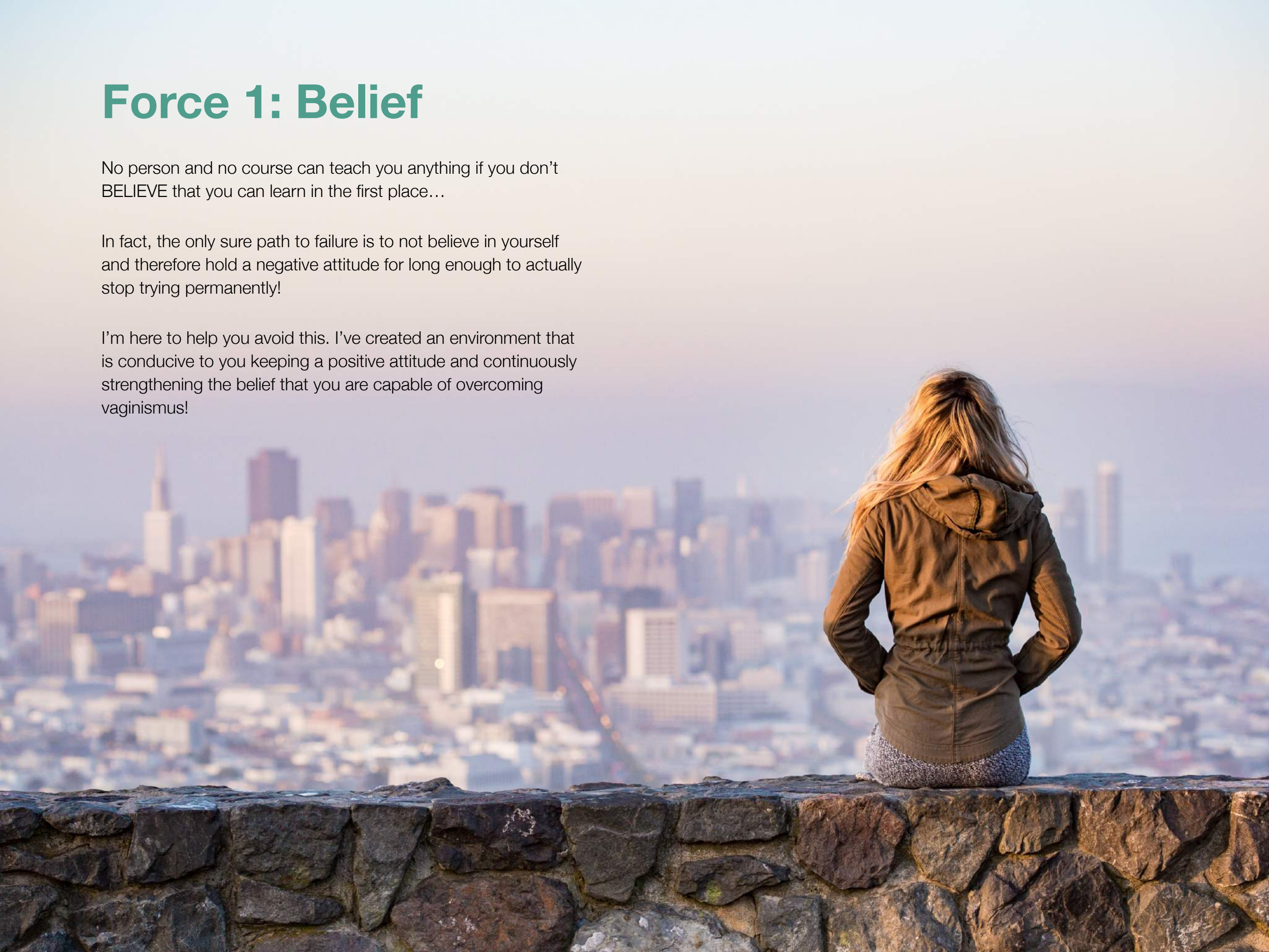
Let's look at each force of this wonderful cycle in more detail.

Force 1: Belief

No person and no course can teach you anything if you don't BELIEVE that you can learn in the first place...

In fact, the only sure path to failure is to not believe in yourself and therefore hold a negative attitude for long enough to actually stop trying permanently!

I'm here to help you avoid this. I've created an environment that is conducive to you keeping a positive attitude and continuously strengthening the belief that you are capable of overcoming vaginismus!



Start With Belief

Belief is our first hidden force for good reason. The power of belief alone is the catalyst to progress. Belief is what sets in motion the rest of the forces in The Cycle of Confidence that have you taking the action necessary to overcome vaginismus.

Beliefs will drive your behaviour, and your behaviour drives your destiny.

Think about it. Everything around you right now — from the furniture you're sitting on, the clothes you're wearing, to the device on which you are reading this — at one time, each one of these was just an idea. A thought, a concept that only existed in the invisible realm of human imagination.

At one moment in time, every goal was just an idea until someone believed they could make it a reality. Then at some point, they decided to pluck that thought from their mental world and turn it into physical reality. The same is possible for any goal you have in mind.

So in order for your journey in overcoming vaginismus to be successful you must first have complete belief that it's possible.

It's essential to believe that if you tried to overcome vaginismus, your efforts are going to lead somewhere. That you CAN bring this desired state of being to life.

That's what belief is all about.





Success vs. Failure

Beliefs are just thoughts that have been engrained within you, or thoughts you really like having. They can be helpful or limiting.

It's important to know the difference between these two in order to be able to identify whether your existing beliefs are helping or hurting you. Also, it's crucial to be able to identify the beliefs that you should instill in order to be best armed for success.

When it comes to helpful beliefs, a number of core beliefs play an instrumental role in achieving goals. For instance, a helpful belief is the belief that "As long as I'm committed, I can find or create a way to turn things around and move forward." Or that "Taking action will always help me make progress."

On the other hand, an example of a limiting belief is that "I am not worthy of healing." Or that "This is just the way it has to be and I can't change it even if I tried." These types of beliefs can only hurt your progress. They are anything that keeps you in a fear, scarcity-based mindset that keeps you small and from having what you truly desire.

To clarify, having total belief that you can overcome vaginismus doesn't mean you won't experience moments of fear, insecurity or self-doubt along the way. We all do. Some limiting thoughts and feelings will come through sometimes.

But on a deep, subconscious level, you must develop the convincing belief that you CAN indeed be successful in this journey.

(And I know you can.)

Belief Exploration

Beliefs control what you can see, feel and perceive. Beliefs also control what you do and don't do, every moment of every day.

Some of these beliefs may have been created by you, others are someone else's beliefs that you have adopted for one reason or another. Deeply exploring the limiting beliefs that are holding you back is key to building a solid foundation on which you can then jumpstart your vaginismus journey.

Before you even attempt to overcome vaginismus, let's explore YOUR beliefs, to identify the helpful ones and the limiting ones that are currently holding you back. We'll be refuting and defending your beliefs, to identify what's real and what's not.

And remember, we all have a motivational mechanism. It works like this: you ALWAYS move in the direction of what you believe benefits you and away from what you believe does not.

So if you're holding onto things that you consciously know don't benefit you, there MUST be a reason you subconsciously register that thing as more beneficial being held onto than being let go of. You have to find the true, deep reasons you're still holding onto those things. With this awareness, you can begin to really understand your limiting beliefs and deconstruct them.

Are you motivated to find the beliefs that don't work for you and let them go? Now is the time!

Let's chisel your beliefs in order to be left with only the ones that are going to help your progress and not hinder it.





Now You: Belief

What is the main belief that has been driving your actions up until this point in your vaginismus journey?

My main belief: _____

Is this a helpful or a limiting belief? _____

What are 3 limiting beliefs that you currently have that you need to destroy in order to prevent them from hindering your journey?

Belief 1: I must STOP believing that _____

Belief 2: I must STOP believing that _____

Belief 3: I must STOP believing that _____

What are 3 helpful beliefs that you need to adopt right now that will support you in overcoming vaginismus?

Belief 1: I must believe that _____

Belief 2: I must believe that _____

Belief 3: I must believe that _____

In order to start believing the helpful beliefs, you need to decide to be open to them. Don't worry, your new beliefs will strengthen with time and with the help of this cycle. But for now...

Are you on board to start adopting new healthy beliefs? _____

Force 2: Clarity

Nothing is more gut wrenching than knowing you want to heal, but not being able to move ahead because you're unclear.

Having at least an initial idea of what your goal is and how to get there is vital because it'll shape nearly every decision you make from this moment forward.

By having clarity, you can then intelligently and methodically go about overcoming vaginismus. And creating the exact reality you've imagined for yourself.



Your Clear Vision

Rather than letting society or traditional standards dictate the kind of person you 'should' be, I want you to think and dream for yourself. You have a unique goal, with your own definition of success and fulfillment in this healing journey.

Think about it this way. Let's say you wanted to build your dream house. You wouldn't just drive to the local hardware store and start buying lumber and materials, would you? Of course not.

First, you'd create a clear vision of WHAT you want your dream house to look like. You'd draft up precise blueprints that lay out details like the placement and size of your rooms, etc. Because imagining your dream house is the only way to gain clarity around HOW to build it.

So it's only when you have a clear and compelling vision of that dream house that can you really kick things off and start to bring it to life.

And if along the way, you discover new information, or circumstances arise that inspire you to change your plans slightly — no problem, you can simply adjust your vision accordingly...

That's all any form of planning really is. You think things through and make the best plan you can, so you can then take action and correct course along the way.

Your intimate life is much the same way.





Practicality Of Clarity

And a clear vision is more than an inspiring, creative force. It's also a practical roadmap. By knowing exactly where you want to go, you'll wake up every day, learning about and executing the steps you need to take to get there.

Not only will your clear vision get you excited and emotionally connected to WHAT you're building and HOW to get there, clarity is also a great recruitment tool. It will help you clearly explain to others what you're striving for and get their support!

When you know exactly what you want to achieve, how to get it, and you articulate that clear, compelling vision to yourself and others, you radically increase your chances of success.

The worst thing you can do here is "keep your options open" and endlessly talk to yourself about "all the possibilities you have" yet never actually pick one and start making progress towards it.

Your “Why”

There is no way for you to predict how fast your goal will become realized.

Yes, there are some unicorns in this world who seem to execute on things with extraordinary speed. They start something new and, within a few weeks or months, see meaningful progress. Please remember that those people are more the exception than the rule.

So with taking up this vaginismus journey, how do you make sure that you don't give up too soon? That you continue executing on the process without beating ourselves up for not being a unicorn?

In order to upkeep a sense of patience, commitment and resilience required to stick it out, to become pain free and intimate, it's important to REALLY get excited.

To do that, you must explore your “why”.





Why A “Why”?

Trying to morph into society’s definition of what’s “normal” in a relationships, or to meet an ex’s expectations and ideals of the perfect relationship... Those are not good enough motivating reasons to overcome vaginismus.

Making sure you’re on your journey for the right reasons is vital because if your heart isn’t truly there, you’ll suffer. You’ll be miserable! And most likely, you’ll give up anyways. Because your actions will lack heart, passion and purpose.

Some form of deeper purpose is crucial if you want any shot at a pain free and intimate life.

Unless you have a strong enough purpose - a passionate, emotional link between your “what” and your “why”, you’ll fail to follow-through on the process required to overcome vaginismus.

So, let’s start to create your clear vision, coupled with an inspiring “why”.

Now You: Clarity

Take yourself to a quiet place and remove any distractions. Open your journal or get a fresh piece of paper. (I highly recommend you do this on paper, as writing by hand greatly helps your thoughts to sink in.)

Write down the date, exactly 2 years into the future from today.

Respond to the prompt below based on what you feel is most true right now. Harness the intelligence of your heart, intuition and long-held dreams. In other words, use your gut instinct to answer. You'll evolve the vision of your pain free future over time, but you have to start somewhere so don't worry about you being 100% perfect!

Describe in as much detail as you can, exactly what your vaginismus-free life is like, as though it's already happened. Fire up your imagination. Envision your dream scenario. Be honest about what you really want. And write in the present tense.

Example: I am now in a healthy relationship with an amazing partner, who loves me for who I am, unconditionally. I'm proud of being strong enough to overcome vaginismus and have the sex life that allows me to express myself freely and create mind-blowing sexual experiences for myself and my partner. My pain is gone!

The following additional prompts will spark your imagination. Remember that this is an exercise about YOUR vision, so feel free to write about any aspect of life that you're committed to making a reality. Write as much as you want.





Now You: Clarity

When you wake up every morning, how do you feel?

How are you spending your private time? What kind of activities can you indulge in that you haven't been able to before?

What kind of conversations do you have with your girlfriends?

What does your bedroom look and feel like?

How do you add spice in the bedroom? What kind of sexual practices have you explored that you never dreamed of before?

How do you express your sexual freedom outside of the bedroom? Does your sexual passion help fuel your professional life, time with friends, entertainment events, or other hobbies?

What kind of positive impact are you having on other people as a result of the growth you've experienced?

What kind of lessons have you learned about your character throughout your journey of overcoming vaginismus?

What are five specific things you're grateful for these days?

Why is being pain free and intimate important to you? What does it help you experience? With each answer, keep asking yourself "Why is that important" and keep writing down an answer until you feel that you've arrived at the true core of your "why".

Now You: Clarity

Once you feel like you've articulated your intimacy vision and your "why" in a clear, compelling and exciting way, review them daily.

Look for parts of your desired reality that you can reverse engineer, so that you can begin to put some actions in place today. Actions that are aligned with your vision and will help you get there.

The more you review your vision and feel the emotion associated with making it come to life, the more focused you'll stay on bringing it to life.

And that's how your extraordinary sense of courage is born.



A woman with long brown hair is sitting in a yellow upholstered armchair. She is holding a dark grey mug with both hands and looking down at it with a thoughtful expression. She is wearing a light-colored sweater and dark blue pants. The chair is positioned next to a large window with white frames. The background outside the window is slightly blurred, showing some greenery and a building. The overall atmosphere is calm and contemplative.

Force 3: Courage

Once you have the belief that you can do this, and the clarity of what this IS, the strength, excitement and enthusiasm you need to stay the course naturally start growing inside you.

You start building up the courage to reach your goal, no matter what. The courageous willingness to try new things along the way and make your vision a reality.

You realize that your goal is worth fighting for and that you FINALLY have the courage to put up a good fight.

Adapting To Change

Look, the only constant in life is change. That's why being rigid, unyielding and brittle in the modern world doesn't work.

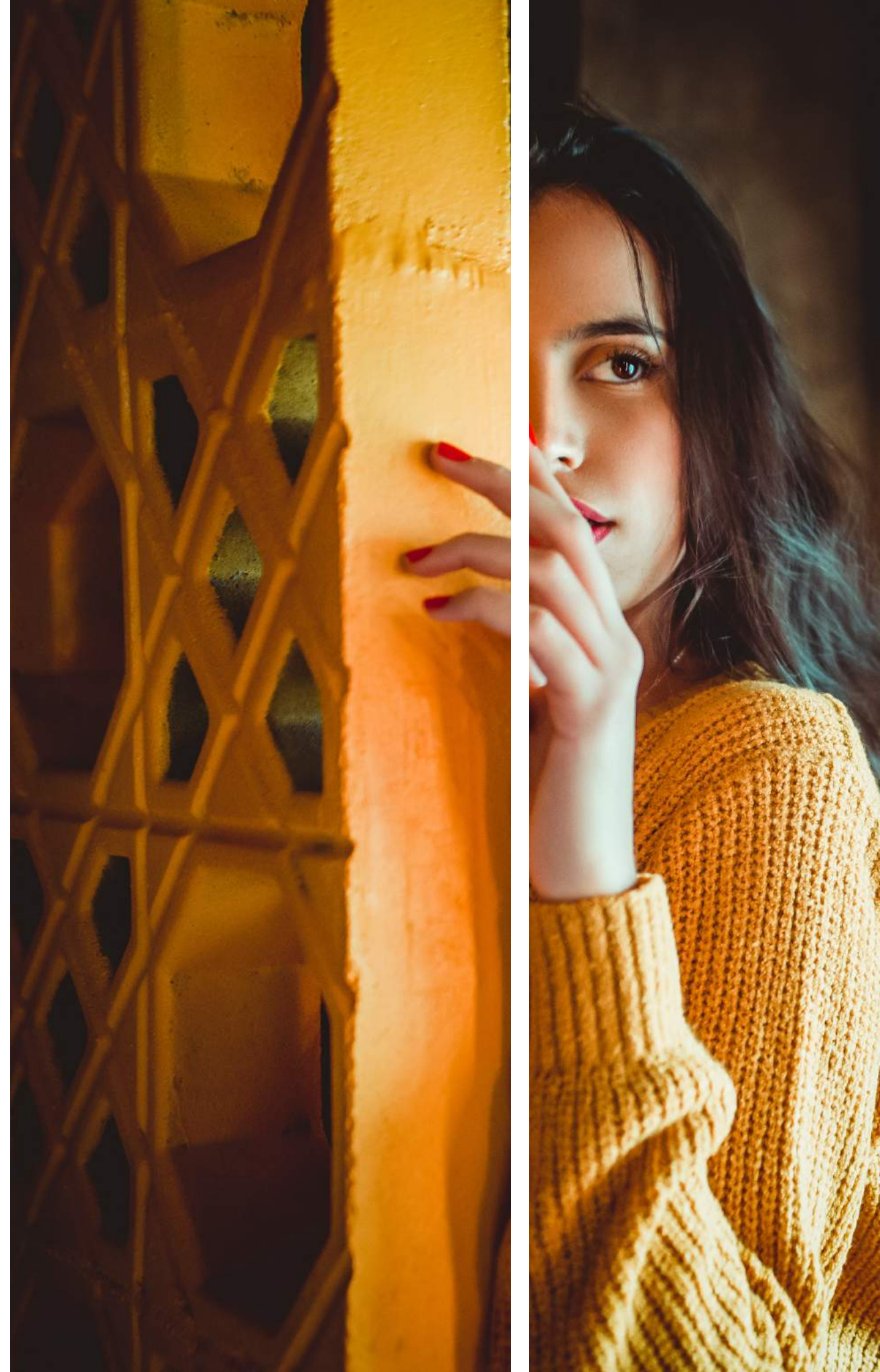
That's why one of the most crucial parts of any healing journey is your ability to be courageous. What does that mean? It means that you stay focused on your ultimate goal, motivated to achieve it and make the necessary changes along the way. To stay relentlessly flexible — completely adaptable and responsive to challenges you face.

Why is this important?

Well, the social landscape around you is changing, faster than ever before. Life's pace has increased so significantly that relationships don't look the way they did even just 5 years ago. Dating has partially turned into a game. Face to face time has been greatly replaced by social media or texting back and forth. Not that you have to abide by these updated society rules, but know that these are hardships you may have to deal with.

On top of that, your own long-term relationship dynamics will be different from one relationship to another, and your intimacy wants, needs and desires are constantly shifting, too.

Dealing with all of those shifts and bumps in the road requires courage and the relentless flexibility that comes with it. Although not always easy to harness, this is vital to your long-term success.





What It Looks Like

That means that on a day to day level, you must remain courageous and nimble. If one tactic isn't working, like asking for support from your sister, you've got to try someone else. If one medical professional doesn't work out, move on to the next. If one day you're feeling beat and down, take it easy and try again the next day.

The bottom line is... don't give up!

This notion of constant forward movement towards your goal is what will help you stay the course and eventually figure out what works best for you.

Thomas Edison a perfect example of courage and relentless flexibility. He had over 1,000 unsuccessful attempts at inventing the lightbulb before he finally did it and transformed the world. Think about that for a minute. How many people would have lacked the courage to keep going after 5, 50 or even 500 attempts? The vast majority of people would have most certainly quit.

Mr. Edison said, "Many of life's failures are people who did not realize how close they were to success when they gave up."

So keep being courageous until you create a breakthrough result. One day, you'll look back and be so utterly proud that you didn't give up.

Let's explore your courage further.

Now You: Courage

On a scale of 1 -10 when it comes to being courageous, how would you rate yourself right now?

1 = Lacking courage and totally rigid in being able to adapt to challenges. “I don’t know... I think it will be tougher to overcome vaginismus than what I can handle. Maybe this isn’t the right time in my life to commit to this.”

10 = Extremely courageous and relentlessly flexible in adapting to anything that comes your way. “I am unbelievably enthusiastic, excited and willing to focus my time and energy to overcoming vaginismus and fully commit.”

If you feel you’re at anything less than a 9 or 10, what changes could you make in your attitude or perspective to be more courageous and flexible?

What would you have to believe about yourself and the world in order to make that a permanent shift? Add these to the list of beliefs that you need to adapt in order to overcome vaginismus.

What other areas of your life (business/career, friendships, parenting, health, etc.) might also radically improve if you were to become more courageous? Write down all of your thoughts and ideas.



Force 4: Action

The inability to make clear decisions and move ahead is what keeps you stuck in “I don’t know what to do” land.

Even if you make a choice, move ahead, and discover you were wrong or want to change your mind, by taking some form of action, you’ll still be way ahead of the masses of people who are stuck dreaming in their heads.

You COULD dream about being pain free and intimate. Or you could DO it.

Don’t stay still. Ditch the dream. Be a doer, not a dreamer.





Actions To Habits

We've all heard that human beings are creatures of habit, right?

Intuitively, we know this to be true. We brush our teeth and wash our face every day and we don't even think about it, we just do it. Similarly, if we get home from work every day, plop on the couch and watch TV for hours, we probably do so out of habit.

From when we wake-up until the moment we go to sleep, a significant portion of our lives is lived on autopilot. In fact, a study by Duke University reports that an average of 40% of all daily human activities are habits! So for better or worse, our habits are an extremely powerful force fuelling the fate of our lives.

But what are habits anyways? They are actions repeated regularly enough to become routine.

And one of the most powerful ways to ensure your habits are serving you (rather than sabotaging you) is to first become aware of what your habits are, and then create and install daily success rituals that help you progress.

Daily success rituals are simple habits that set you up to win every single day by ritualizing positive, empowering, productive actions — while simultaneously helping you to eliminate habits that don't support your long-term goals.

Here's one key insight about habits and rituals that's vital to understand. You can't just eliminate a bad habit. You've got to replace it with an alternative. Thankfully, your actions, and therefore your habits, are 100% under your control! YOU have the power to create and replace them.

Replacing Habits

A few years ago, I noticed that I'd picked up a destructive habit. I was checking my phone first thing in the morning. The moment my eyes popped open, I'd reach for my phone. And no, I wasn't just looking at the time or turning off my alarm, I was actively responding to messages and reviewing my social feeds.

I was starting my day by reacting to life, instead of creating it powerfully, with inspiration. I was wasting anywhere from 10-25 minutes of time, not to mention flooding myself with mental and emotional stress.

I found that it was much harder to enjoy whatever else I had planned for the morning, because I had already poisoned my mind with other people's thoughts and agendas. Not a smart way to start the day!

So what did I do after I recognized this was a bad habit? I replaced it with a success ritual. When I get out of bed now, I focus on some simple steps that set me up for a good day — physically, emotionally, creatively, mentally and spiritually.

Rather than check my phone in the morning, the first thing I do is wash up, get dressed, drink a glass of water and have a nutritious breakfast while discussing big ideas with my fiancé. After that, I do some creative work and dive into the rest of my day feeling like a champ, only checking my phone occasionally.

Overall, it was a worthwhile change to make and it's had an extraordinary impact on my productivity and well-being.





Power Of Small Steps

Typically, whenever we want to change our lives, we come up with a big goal like “make more money” or “lose 20 pounds”. The problem is that these goals require big actions! Anyone with can make their way through a certain number of big actions by using their willpower.. But then the willpower runs out.

Habits, once formed, don’t require willpower. So the magic is in creation of those habits through SMALL actions. Real change comes from a long, sustained alteration of small actions and the healthy habits that come out of this. And healthy habits are what have you healing on autopilot.

Remember, you won’t ever get ANYWHERE unless you make a choice now, and actually get started by taking action.

As Dr. Martin Luther King said, “Take the first step in faith. You don’t have to see the whole staircase, just take the first step.” By the way, it’s okay if you don’t know exactly what the small steps you should take look like, in the vaginismus journey.

Right now, it’s important for you to understand that if a train is going 55 miles an hour, it will blow through five feet of concrete like nothing and keep going. But if the same train is at a standstill, you can put a 2-inch block in front of the front wheels and it won’t budge. Momentum is a game changer! And creating the powerful momentum of the train starts with the first step.

Now let’s take a look at your current habits and design the success rituals that will easily help you gain speed.

Now You: Action

Grab your journal, or a fresh piece of paper, and let's take a look at the habits that are currently running your life.

What do you do almost every morning? Every afternoon? Every evening? Write down every single habit you can think of.

Review your list. What's the one habit from that list that you feel is holding you back the most from acting on strategies that might get you closer to overcoming vaginismus, like a pain free dilating practice for example?

How about one habit from that list that you feel is holding you back from having the positive attitude that you're deserving of overcoming vaginismus in the first place?

What one habit, if you replaced it with a simple success ritual, would help you create the greatest amount of self-confidence, happiness, health, productivity and success in your healing journey Remember, you can't just drop a habit, you must replace it with an alternative behaviour.

Now design that new success ritual. It doesn't have to be complex or take a lot of time. Don't worry if you don't have the complete picture of what actions may be necessary to overcome vaginismus. Use what you already know. Make your new success ritual simple and easy to implement. Describe it in detail.





Force 5: Learning

When you're courageously taking action towards your goal, shifting your efforts depending on the circumstances, even if you didn't intend to, you will naturally learn something.

By learning, you'll continue to make progress, see results, and learn some more.

Learning throughout this journey is actually what will fuel you to maintain your hunger to keep progressing further. And the cycle continues.

Lifelong Journey


The fact that you're reading these words right now is a strong indicator that this force is already alive in you - or you wouldn't have gotten this far!

Generally, we spend an enormous amount of time, effort and money each year to learn new things. I consider myself a lifelong learner. It's a passion for me. I often read books, go to conferences, execute on educational programs, and challenge myself to improve my skills.

Speaking of skills, the two most important areas I urge you to focus on learning and mastering next are a positive mindset and building healthy habits. These are the two skills that have the greatest positive impact on your ability to be a catalyst for change.

Without these two core skills, a journey towards any beautiful place is often short-lived. Because your fuel naturally ends as the struggles along the way become more powerful than the attitude and habits you've built to overcome them.





HAPPINESS
IS NOT A
DESTINATION
it is a way
of *life*

Shortcuts?

This is also important to know: there are no shortcuts to dedicating a space in your mind to positivity, emotional strength and self-love. It's a process that naturally occurs with the help of The Cycle of Confidence and it doesn't have to be scary or overwhelming.

It all comes down to learning how to be a more effective, powerful and compassionate persuader of your own self. How to quiet down the self-critical voice in your head and replace it with an empowering, cheerful certainty that you are capable, deserving and overall a freaking amazing human.

It means learning how to better understand yourself, better take care of your needs and motivate yourself to reach your goals.

So please promise yourself right now that you'll commit to becoming a master of your attitude and healthy habit building practices, and make the most progress possible on your journey of kicking some vaginismus butt!

The key to have the desire for progress burning strong inside you is to keep the hunger for learning alive in your heart and mind. No matter what.

So, let's explore what kind of actions you can take right now that can help you learn something new.

Now You: Learning

What is one concrete step you can take right now to engage in learning something and to keep that deep hunger to learn alive in your life?

For example, do you need to go back and work through the exercises of the other forces of The Cycle of Confidence? Remember — it's about action, not just absorbing information!

Or is there something else you know would help you engage in learning and move ahead in your path to pain free and intimate?

Whatever comes to mind, write it down now, and then, do it! This is a time to explore and take action. Because learning only follows action.



Force 6: Confidence

Real success in your personal life means staying true to yourself and connected to your own vision and goals, not society's.

Your inner confidence will get you there.

Know yourself. Trust yourself. Screw the pressure from the outside world.

You get to choose the type of person you become.

You get to write your own rules!





Cycle Completion

The powerful belief that you can do this led to the clarity of the path you need to take.

Courage naturally built up, to support you in taking small actions in the right direction and building the daily success rituals that will help you make progress.

And making progress with your actions naturally led to learning and shifting your actions accordingly.

It's no surprise that these forces, exactly in that order naturally created a solid confidence within yourself that you're on the right path and it worthwhile to keep going!

And guess what?

This confidence serves to confirm, solidify and strengthen your ORIGINAL belief that you're going to succeed in becoming pain free and intimate!

That is how The Cycle of Confidence continues onwards, getting stronger and stronger.

So let's ride that wave, shall we?

Now You: Confidence

What is 1 thing that you, a confident strong vulva person, would do TODAY to make progress on your journey in achieving your clear intimacy vision?

Is it looking in the mirror and telling yourself “I am enough”?

Write it out and then go do it!

What are 3 things that you, a confident strong person, would do THIS WEEK to make progress on your journey in achieving your clear intimacy vision?

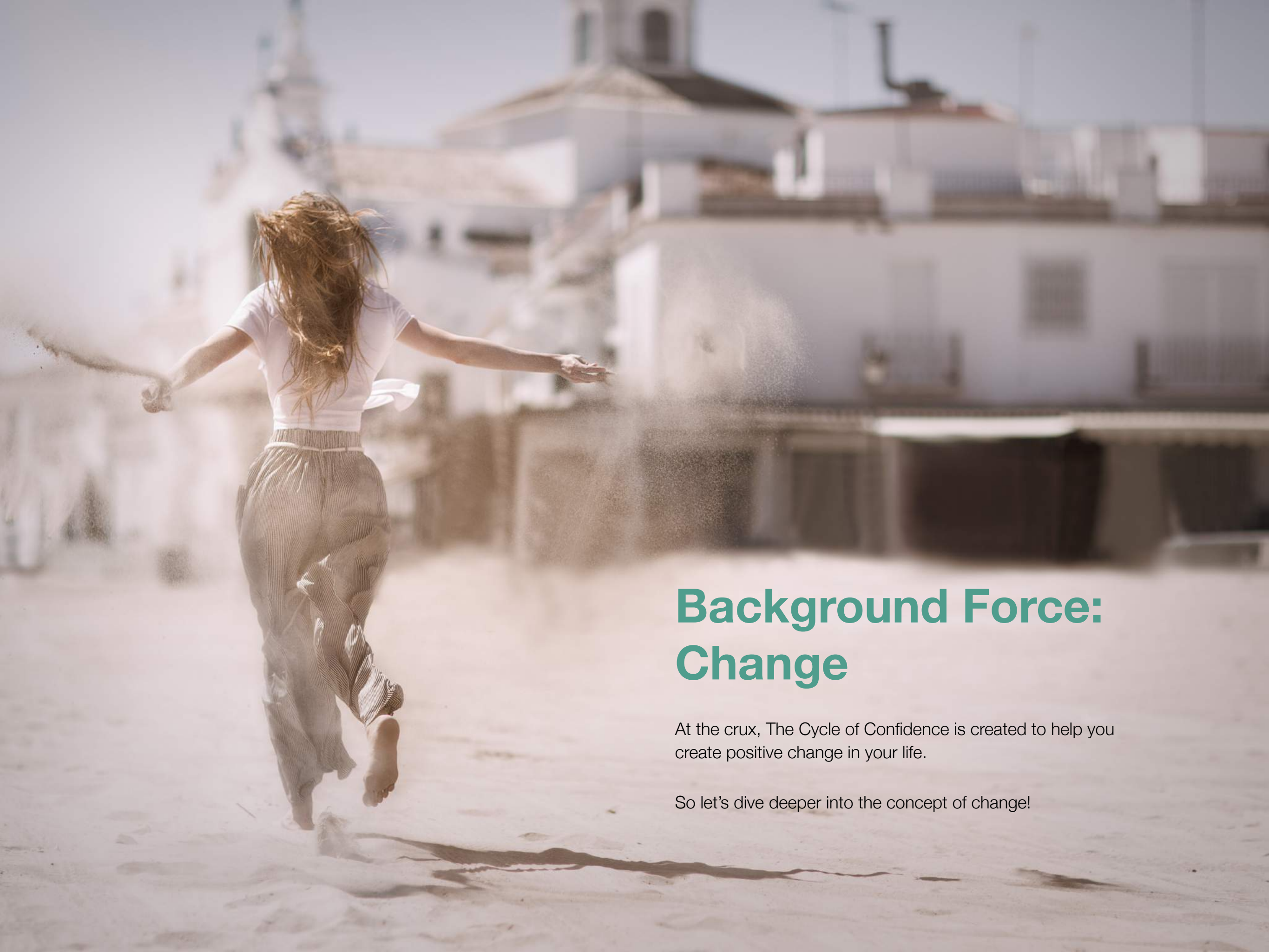
Is it talking to your partner and creating a safe space to discuss this topic?

Is it sharing the struggles you’re facing with someone else you love?

Is it booking an appointment with a pelvic floor physiotherapist?

Write them out and then make them happen!





Background Force: Change

At the crux, The Cycle of Confidence is created to help you create positive change in your life.

So let's dive deeper into the concept of change!



Present Vs. Desired States

The present state is where you're at. The here and now. Your current reality. This is how you feel about where you're at and generally, where it is you experience problems.

The different state from the present is the future, and is commonly referred to as the desired state. This is your clear and compelling vision of the pain free and intimate life that is to come in your future. Your ideal.

You'll never make progress towards your desired state unless you engage in the process of change.

So how positive your relationship to change is will determine how quickly and efficiently you make progress towards your desired state!

Do you know anyone in your life who is so stubborn, has thoughts and beliefs about how life should be more effectively lived? But they don't do anything about it?

They see change as a thing, waiting for it to come, waiting for change to happen. They want to see change to take place in their life, but don't want to take responsibility for the process of change!

Don't be that person! Change is neither a thing, nor a destination. It's a process.

Change And YOU

You're always either in the state of change, or delay of change. There is no middle ground.

So if you're not taking courageous action to create change in your life, you're actually subconsciously choosing to delay change instead.

If you find yourself delaying change, reflect on what you gain from doing so. What are the reasons that you're in the state of delay of change?

What are the hidden benefits that are keeping you in the present state and not taking action towards your desired state? Similar to the limiting beliefs, if you're delaying change, there must be SOMETHING beneficial that this brings you.

(Hint: This is often the safety and security you get from NOT having to face change! You may have the limiting belief that change is scary - that crippling fear of letting go what is known and moving into the unknown land of uncertainty.)

Once you TRULY identify those hidden benefits that keep YOU in the state of avoiding change, you can begin to overcome them and bravely engage in the process of change!

You can do this!



Your Sexual Liberation Awaits

And there you have it - Katrin's Recipe: From Pain To Confidence! I trust that this initiation has supported you in experiencing a newfound sense of hope and confidence that you too can and WILL overcome vaginismus and claim your sexual liberation!

With this beautiful foundation, I invite you into the main hub for vaginismus sisters everywhere. The only experience that supports you in overcoming vaginismus and creating a love life that you adore in such a HOLISTIC, EMPOWERING and DETAILED way! I invite you into..

Your Sexually Liberated Love Story: The Holistic Manuscript To Your Vaginismus-Free Life

You no longer have to do this alone!

Head over to www.katrinwithlove.com/sexually-liberated to be the first to know when this experience is open for enrolment!

