

The Sexual Comfort Plan™

Create a pressure-free plan for comfort, communication and connection.



Sexual comfort is influenced by tissues, arousal, pelvic-floor response, health, medications, emotions and context. Choose only what feels safe and useful for you.

1 Before Intimacy



- ☐ I feel rested enough and not rushed.
- ☐ I have privacy and time to pause.
- ☐ Urinary or vaginal symptoms feel manageable.

What helps me feel comfortable: _____

2 Support Moisture & Reduce Friction



- ☐ Use lubricant before and during touch.
- ☐ Reapply before friction begins.
- ☐ Consider regular vaginal moisture support if dryness continues.

Product that feels comfortable: _____

3 Allow Time for Arousal



- ☐ Begin with nonpenetrative touch.
- ☐ Allow more time without a performance goal.
- ☐ Notice when my body feels ready to continue.

Touch or activity I enjoy: _____

4 Choose Comfort & Control



- ☐ Choose a position where I control depth and pace.
- ☐ Use pillows or support if helpful.
- ☐ Change position or activity at the first sign of discomfort.

What feels easiest for my body: _____

5 Communicate Clearly



- ☐ Agree on words for slower, pause and stop.
- ☐ Say what feels good or uncomfortable.
- ☐ Remember that consent can change at any time.

Words I want to use: _____

6 Afterward



- ☐ Notice irritation, pain, spotting or urinary symptoms.
- ☐ Use gentle external care.
- ☐ Record anything I want to discuss with a healthcare professional.

What I noticed afterward: _____

My Comfort Signals



GREEN LIGHT

Comfortable, interested and able to relax.



YELLOW LIGHT

Dryness, tension, uncertainty or discomfort beginning.



RED LIGHT

Pain, burning, bleeding, fear or wanting to stop.

Slow down at yellow. Stop at red. You never need to continue through pain.

My Plan for Next Time

Something I want more of: _____

Something I want less of: _____

One change I would like to try: _____



Intimacy does not have to include penetration. Connection can include touch, massage, conversation, affection or any mutually comfortable activity.



Gentle Reminder

Persistent pain, burning, bleeding or urinary symptoms deserve evaluation. Comfort strategies should not replace care for an underlying concern.



Martine's Midlife Wellness Tip

Choose one comfort change rather than trying everything at once. More time, more lubricant or more control over pace may be a useful beginning.



Seek prompt medical care for postmenopausal bleeding, heavy bleeding, severe or rapidly worsening pelvic pain, fever, a new sore or lump, unusual discharge or blood in urine.