vaginal health + birth control



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My birth control is always completely effective.

My birth control always prevents pregnancy.

Condoms are always completely effective for me.

I never experience condoms breaking during sex.

I am protected from unwanted pregnancies at all times.

I never experience unwanted or unplanned pregnancies.

Safe and effective abortions are always available to me.

Safe and effective contraceptives are always available to me.

I have easy and affordable access to effective contraceptives.

The nerves in my clitoris are now fully restored.

My clitoris is insanely pleasurable when touched.

My clitoris is healthily sensitive.

I can orgasm with ease when I stimulate my clitoris.

I have amazing orgasms when my clitoris is stimulated.

My labia minora is completely healthy and symmetrical.

The color of my labia minora and labia majora is pretty.

I love how my vagina looks.

I am fully immune to experiencing vaginal infections or diseases.

I am fully healed of any vaginal infections or diseases.

I never experience endometriosis.

I never experience polycystic ovary syndrome.

I never experience any sexually transmitted infections or diseases. I never have any sexually transmitted infections or diseases.

My vagina is healthy and fully functional.

The nerves within my vagina are intact and sensitive to stimulation.

My G-spot is sensitive and pleasurable when touched.

It is easy to pleasure my G-spot in my vagina.

My vagina always secretes fluids when I am aroused.

I retain my arousal and vaginal wetness during sex.

I retain my arousal and vaginal wetness during masturbation.

I am immune to experiencing vaginal dryness when aroused

I can orgasm with vaginal penetration.

I can orgasm easily with sexual penetration.

My vaginal opening always retains a healthy amount of tightness

My vaginal muscles are now restored to full health and strength.

I never feel discomfort when my vagina is being sexually penetrated

My vaginal muscles relax during sexual intercourse.

I find consensual sexual intercourse to be pleasurable.

I am immune to experiencing vaginal atrophy and inflammation

I have no gynecological issues.

I am fully immune to having gynecological issues.

My vagina regulates itself.

My vagina has a healthy and tolerable scent.

I experience a healthy amount of discharge coming from my vagina.

I recognize that healthy discharge from my vagina is normal.

Period and Fertility:

My menstrual cycles are easy and painless.

I have a regular menstrual cycle once a month.

My menstrual cycles are always consistent.

My menstrual cycles always only last 4 days.

I bleed a healthy amount during my menstrual cycle.

My reproductive system is always at optimal health.

I am immune to having reproductive system diseases.

I am always fully fertile.

My fertility is always at optimal health

My fertility is restored whenever I stop taking birth control.

My hormones are now fully stabilized

I am hormonally balanced

Masturbation + Sex:

I enjoy masturbating and pleasuring myself

Masturbation is not shameful

Sex is not shameful.

My libido is fully restored to optimal health.

I have a healthy libido.

I can easily orgasm multiple times in a row.

I always experience satisfaction after masturbation.

I always experience satisfaction after sex

Masturbation and sex always gives me a strong and successful climax.

All of my erogenous zones are sensitive and pleasurable when stimulated.

My erogenous zones are enhanced.

I never feel pressured to have sex

I never experience pressure to perform sexual acts.

I experience masturbation and sexual feelings without guilt

Healthy amounts of masturbation greatly benefits me.

I see masturbation as a healthy way to release my sexual tension.

I see masturbation and sex through a healthy and positive lens.

Lam immune to sex addiction

I am immune to being addicted to masturbation.

I never feel self-conscious during sex or masturbation

I choose my sex partners very wisely and carefully.

I only have sex with partners that are in a committed relationship with me

I only have sex with partners that fully respect me

My partner always loves how my vagina smells and tastes.