



Overcoming Vaginismus:

Practical Exercises

Vaginismus - Can the vagina be too narrow?

The vagina is not naturally too narrow for the penis, fingers, or other objects. If it appears too narrow, it's because the pelvic floor muscles involuntarily contract.

Stretching is not necessary; the issue lies in the tense muscles.

Regular exercises can help overcome vaginismus by improving control over the pelvic floor muscles. If you have a partner, involving them in the exercises can enhance overall sexual health. These exercises aim to overcome vaginismus and enjoy actively receiving with your vagina. Patience and regular practice are essential for success.

Individual Exercises to Address Tense Pelvic Floor Muscles:

1.) Pelvic Floor Muscle Awareness:

Sit comfortably with a slightly rounded back to relax your vagina. Imagine holding back urine by contracting the pelvic floor muscles. Do not perform this exercise while urinating as it may harm the bladder. Contract and release the muscles gently to become familiar with and control them.

2.) Transform Your Vagina into an Active Receiver:

Use a mirror to observe your vulva and vaginal opening. With a lubricated finger, gently explore the vaginal entrance without force. Gradually insert your finger at your own pace, paying attention to your body's signals. Stop if you feel pain and resume when you feel ready.

3.) Mirror Observation:

Use a mirror to observe your vulva and vaginal opening. Contract your pelvic floor muscles and notice the movement of the vaginal opening.

4.) Gradual Insertion:

With lubrication, place your finger in front of the vaginal opening. Gently move the vaginal opening towards your finger while contracting the pelvic floor muscles. Only go as far as you feel comfortable.

5.) Active Vaginal Movement:

Keep your finger inside the vaginal opening and move your pelvis forward to slide the finger into the vagina. Then, move your pelvis backward to withdraw the finger. Your vagina can actively receive and become aroused during these movements.



6.) Circular Movement:

Move your pelvis in circular motions to provide gentle internal massage with your finger(s). Experiment with different touches, strokes, and pressures to increase sensitivity.

6.) Deep Breathing:

Incorporate deep breathing to promote relaxation and increase blood flow to the vagina, enhancing pleasurable sensations.

7.) Gradual Progression:

Start with one finger and gradually progress to accommodate larger objects. Be patient and take step-by-step approaches to avoid tension and frustration. You can use dilators or beeswax dildos to test different sizes and shapes.

8.) Getting to Know Your Vagina:

Once you can comfortably insert a finger, embark on an exploratory journey inside your vagina to develop a mental connection. This process will help you better understand your body and stimulate sexual arousal. Remember, progress may take time, but with dedication and these exercises, you can overcome vaginismus and fully enjoy your intimate life.

Tips for Partners When the Vagina Feels "Too Narrow":

Be patient with your partner as she learns to control her pelvic floor muscles. This will help both of you regain enjoyable sexual experiences quickly.

Stretching is not necessary: It's important to understand that the vagina is not "too narrow" for sexual intercourse, finger insertion, or a dildo. The vagina is sufficiently stretchable, even capable of accommodating a baby's head.

However, sometimes the muscles around the vaginal entrance contract strongly, as if to close it. Your partner is not doing this intentionally; it's a reflex of the muscles known as vaginismus or vaginal spasm.

How to insert the penis, finger, or dildo? In such a situation, it is entirely wrong to force the entry of the penis, dildo, or finger. It can be very painful and reinforce muscle contraction! Therefore, it is essential to be well-informed and up-to-date.

Take a break: As a partner, it is crucial that you educate yourself about vaginismus. Read this text to learn more. To overcome vaginismus, two things are essential:



Exercises with Your Partner to Overcome Vaginismus

With your partner, you are in control of overcoming vaginismus. A simple rule: both of you should be equally active during sex. Your vagina can actively receive the penis or a strap-on and become sexually aroused.

- Draw a vagina, a penis, and a strap-on together to understand the actual proportions better. Women with vaginismus often tend to overestimate the penis's size in relation to the vagina, causing anxieties.
- Get your vagina used to your partner's fingers by starting with external touches and gradually progressing to finger insertion. Stay in control and communicate your preferences.
- Try a thicker finger or two fingers if you feel comfortable. Use lubrication if needed. Keep your pelvis in motion to avoid tensing up and to feel more.
- If everything goes well, you can try a penis or a strap-on. Your partner should remain passive until you give the green light. Stop immediately if it becomes uncomfortable.
- Foreplay is essential. Stimulate yourself first with fingers or an object to sexually arouse and become wetter. Be active during this process.
- Remember, communication and patience are crucial to overcoming vaginismus. Fulfilling sexual experiences are possible with practice and mutual support.