

THE BEFORE-INTIMACY

Comfort CHECKLIST



PREPARE. PROTECT. ENJOY.



ZARA
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THE BEFORE- INTIMACY *Comfort* CHECKLIST

PREPARE YOUR BODY.
PROTECT YOUR COMFORT.
ENJOY INTIMACY AGAIN.



A simple, practical checklist
to help you feel prepared,
comfortable and confident
before every intimate moment.



*Your comfort
comes first.*



PREPARE
WITH INTENTION



SUPPORT
YOUR BODY



CREATE A
COMFORT SPACE



BE PRESENT.
STAY RELAXED.



PRIORITIZE
YOUR COMFORT

ZARA AMARI

THE BEFORE-INTIMACY COMFORT CHECKLIST

A simple pre-intimacy routine for women dealing with sudden or recurring discomfort during sex

BEFORE YOU START

There is a particular kind of anxiety that can develop after sex suddenly becomes painful.

You may want intimacy.

You may love your partner.

You may even be in the mood.

But somewhere in the back of your mind is the thought:

“What if it hurts again?”

That thought alone can change the entire experience.

You become tense.

You start anticipating the pain.

You monitor every sensation.

And instead of being present, you're waiting for something to go wrong.

This checklist isn't a promise that pain will disappear.

It isn't a treatment for an underlying condition.

And it isn't a substitute for medical care.

It is simply a **pre-intimacy preparation routine** designed to help you approach intimacy with more awareness, communication and less unnecessary irritation.

THE 15-MINUTE PRE-INTIMACY RESET™

Use this before intimacy whenever you want to check in with yourself.

You don't need to do everything perfectly.

The purpose is to create a **calmer, simpler starting point.**

STEP 1 — CHECK YOUR BODY

Before anything begins, ask:

“How does my body feel today?”

- ☐ Comfortable
- ☐ Slightly uncomfortable
- ☐ Irritated
- ☐ Sore
- ☐ Burning
- ☐ Pelvic discomfort
- ☐ Something feels unusual
- ☐ I'm not sure

Don't ignore an unusual sensation simply because you had planned to have sex.

Your body doesn't have to follow your schedule.

STEP 2 — CHECK YOUR MIND

Now ask:

“How do I actually feel about intimacy right now?”

- ☐ Relaxed
- ☐ Excited
- ☐ Neutral
- ☐ Nervous
- ☐ Anxious about pain
- ☐ Not really in the mood
- ☐ Unsure

There is no wrong answer.

You don't need to manufacture enthusiasm because you feel that you *should* want sex.

STEP 3 — THE “AM I EXPECTING PAIN?” CHECK

This question is particularly important if you've already experienced painful sex.

Ask yourself:

“Am I already expecting this to hurt?”

- ☐ Yes
- ☐ No
- ☐ A little

If yes, don't criticize yourself.

Your brain remembers unpleasant experiences.

After pain has happened before, it is understandable to become alert for it happening again.

Instead of fighting the thought, acknowledge it:

“I'm worried it might hurt again, but I don't have to force myself through discomfort.”

That distinction matters.

STEP 4 — DON'T RUSH

One of the simplest things you can change is the pace.

Don't treat intimacy like a race toward penetration.

Give yourself time to become comfortable.

Allow your body to respond naturally.

If you don't feel ready:

WAIT.

If something hurts:

PAUSE.

If you're uncomfortable:

SAY SO.

There is no prize for rushing.

STEP 5 — COMMUNICATE BEFORE, NOT AFTER

If you've recently experienced painful sex, tell your partner before intimacy begins.

You can say:

“I've had some discomfort recently, so I want us to take things slowly tonight.”

Or:

“If something hurts, I may need us to pause. I don't want to push through it.”

This removes the pressure to explain yourself in the middle of the experience.

STEP 6 — KEEP YOUR ROUTINE SIMPLE

This is where Bonus #1 becomes useful.

Before intimacy, ask:

“Am I about to use a bunch of products because I'm worried something will go wrong?”

If yes:

Pause.

You don't need to turn preparation into a chemistry experiment.

Avoid introducing multiple unfamiliar products immediately before intimacy.

Especially avoid putting unverified substances, homemade mixtures, fragrances or essential oils on or inside sensitive genital tissue.

STEP 7 — LUBRICATION: THINK COMFORT, NOT FAILURE

If lubrication is appropriate for you, it can be one part of making intimacy more comfortable.

But needing lubrication doesn't mean:

“Something is wrong with me.”

Bodies don't produce exactly the same amount of lubrication every time.

It can vary with circumstances.

The important thing is to use a product that is appropriate for you and to pay attention to whether a particular product appears to cause irritation or discomfort.

If a product repeatedly seems to trigger symptoms, stop assuming you simply need more of it.

Review the product and consider professional advice if symptoms persist.

STEP 8 — DON'T IGNORE FRICTION

If something feels uncomfortable, don't simply continue hoping your body will “get used to it.”

Ask:

“Is this becoming uncomfortable because there is too much friction?”

If yes, pause and address comfort rather than pushing through.

Pain isn't a challenge you need to overcome.

STEP 9 — LET YOUR BODY SET THE PACE

You may have been taught that intimacy follows a predictable sequence:

kiss → touch → penetration → finish.

But your body isn't a checklist.

You can slow down.

You can change direction.

You can stop.

You can decide not to continue with penetration.

You can still have intimacy without completing a particular sequence.

Your comfort matters at every stage.

STEP 10 — THE POSITION CHECK

If you've noticed that discomfort seems to occur only in certain positions, pay attention to that pattern.

Ask yourself:

“Is there a particular movement or depth that consistently causes discomfort?”

If yes, don't keep repeating the exact same movement simply to test whether it will hurt again.

Change what you're doing or stop.

If deep pain is recurring, don't assume that changing positions has solved the underlying issue.

Persistent or unexplained pain deserves appropriate evaluation.

STEP 11 — THE “STOP SIGNAL”

Agree on a simple word or phrase with your partner.

Something like:

“Pause.”

It means:

Stop immediately.

No argument.

No persuasion.

No:

“Just give it another minute.”

No guilt.

No disappointment.

Just pause.

This can be especially useful when you're anxious about pain because you already know you have an easy way out.

STEP 12 — THE 30-SECOND BODY CHECK

During intimacy, occasionally ask yourself:

“Am I comfortable?”

☐ Yes

☐ No

☐ I'm becoming uncomfortable

If the answer changes from **yes** to **no**, respond to the change.

You don't need to wait until the discomfort becomes severe.

STEP 13 — DON'T TURN INTIMACY INTO A MEDICAL TEST

This is important.

After one painful experience, you may think:

“Let's try again and see if it still hurts.”

But intimacy shouldn't become an experiment where you're repeatedly testing your body.

If pain happens again, note the circumstances.

Then step back and look at the pattern.

STEP 14 — THE AFTER-INTIMACY CHECK

Once you're finished, don't immediately forget what happened.

Ask:

During intimacy:

What felt comfortable?

What became uncomfortable?

Afterwards:

How does my body feel now?

Any burning or soreness?

Any unusual symptoms?

This takes less than two minutes.

But over time, it can reveal patterns.

THE BEFORE-INTIMACY CHECKLIST

Use this as your quick reference.

BEFORE INTIMACY

- ☐ I feel physically okay.
- ☐ I actually want intimacy.
- ☐ I'm not forcing myself because I feel obligated.
- ☐ I've communicated with my partner.
- ☐ We're not rushing.
- ☐ I'm not introducing multiple unfamiliar products.
- ☐ I have what I need for comfort.

- ☐ I know I can say “pause.”
- ☐ I'm paying attention to my body's signals.

DURING INTIMACY

- ☐ I'm comfortable.
- ☐ I'm not ignoring pain.
- ☐ I'm communicating if something changes.
- ☐ We're adjusting the pace when necessary.
- ☐ I'm not forcing penetration.
- ☐ I know I can stop at any time.

AFTER INTIMACY

- ☐ I check how my body feels.
- ☐ I note anything unusual.
- ☐ I record recurring patterns.
- ☐ I don't immediately assume I know the cause.
- ☐ I know when it's time to seek professional advice.

THE “PAUSE” PROTOCOL™

When discomfort begins:

P — PAUSE

Stop the activity causing discomfort.

A — ASSESS

Where is the discomfort?

What does it feel like?

U — UNDERSTAND

Has this happened before?

What was different this time?

S — SPEAK

Tell your partner what you're experiencing.

E — EXIT OR ADJUST

Either stop completely or change what you're doing **only if you remain comfortable.**

If pain continues or recurs, don't keep experimenting indefinitely.

THE ANXIETY LOOP

Sometimes the experience can become a cycle:

PAINFUL EXPERIENCE

↓

FEAR IT WILL HAPPEN AGAIN

↓

ANTICIPATION



TENSION / HYPERVIGILANCE



LESS COMFORT



MORE WORRY



ANOTHER DIFFICULT EXPERIENCE

If you've found yourself in this cycle, don't blame yourself.

The solution isn't to force yourself to "relax."

Instead, remove pressure.

Slow down.

Communicate.

Give yourself permission to stop.

And if pain continues, get appropriate professional guidance.

WHAT YOUR PARTNER NEEDS TO KNOW

Your partner doesn't need to understand every detail of your symptoms.

They need to understand three things:

1.

Pain means we pause.

2.

I need to be able to communicate without feeling guilty.

3.

My discomfort isn't a rejection of you.

A simple conversation before intimacy can prevent a lot of pressure later.

THE "TONIGHT" CARD

If you're about to be intimate tonight, don't overthink it.

Ask yourself these six questions:

1. DO I WANT THIS?

☐ Yes

☐ No

☐ I'm unsure

2. AM I COMFORTABLE RIGHT NOW?

☐ Yes

☐ No

☐ I'm unsure

3. HAVE I COMMUNICATED WITH MY PARTNER?

☐ Yes

☐ No

4. AM I RUSHING?

☐ Yes

☐ No

5. DO I KNOW I CAN SAY “STOP”?

☐ Yes

☐ No

6. IF IT HURTS, WILL I STOP?

☐ Yes

☐ No

If you answered **No** to the last question:

Change that answer.

You are allowed to stop.

THE “DON'T DO THIS TONIGHT” LIST

If you're already worried about pain, avoid turning tonight into a desperate attempt to prove that everything is fine.

Don't:

✗ Force penetration.

✗ Ignore pain.

✗ Use random homemade remedies immediately beforehand.

✗ Introduce several new products at once.

✗ Continue because you're afraid your partner will be disappointed.

✗ Treat one successful experience as proof that an underlying problem has disappeared.

✗ Treat one painful experience as proof that something terrible is wrong.

Instead:

Slow down.

Listen.

Communicate.

Observe.

YOUR PERSONAL PRE-INTIMACY PLAN

Complete this once.

WHAT HELPS ME FEEL COMFORTABLE:

WHAT I WANT MY PARTNER TO KNOW:

MY "PAUSE" WORD:

PRODUCTS I KNOW WORK WELL FOR ME:

PRODUCTS I'M QUESTIONING:

WHAT I WILL NOT FORCE MYSELF THROUGH:

WHAT I WILL DO IF PAIN RETURNS:

YOUR 5-MINUTE VERSION

Don't have time for the full checklist?

Use these five questions:

BEFORE

Do I feel physically okay?

MIND

Do I actually want intimacy?

ROUTINE

Am I using anything new or potentially irritating?

COMMUNICATION

Does my partner know I may need to pause?

PLAN

What will I do if pain starts?

That's it.

Five questions.

Five minutes.

THE MOST IMPORTANT RULE

You don't have to earn the right to stop.

You don't need a dramatic explanation.

You don't need to prove that you're still attracted to your partner.

You don't need to finish what you started.

You can simply say:

“This hurts. I need to stop.”

That's enough.

WHEN THIS CHECKLIST IS NOT ENOUGH

This checklist is for preparation and self-awareness.

It is **not a treatment for the cause of painful sex.**

If pain:

- keeps happening
- becomes more severe
- occurs outside sexual activity
- is accompanied by unusual discharge, bleeding, sores, fever or other concerning symptoms
- significantly affects your relationship or quality of life
- remains unexplained

then don't keep relying on preparation alone.

Seek appropriate healthcare evaluation.

And if you experience severe pelvic or abdominal pain, significant or unusual bleeding, fever or feeling very unwell, fainting/significant dizziness, or new sores/significant genital changes, seek prompt medical attention.

THE FINAL REMINDER

Your goal before intimacy isn't to create a perfect routine that guarantees pain will never happen.

Your goal is much simpler:

START COMFORTABLY.

LISTEN EARLY.

COMMUNICATE CLEARLY.

STOP WHEN SOMETHING HURTS.

You don't have to be afraid of your body.

You don't have to be ashamed of your symptoms.

And you don't have to pretend everything is normal when something has changed.

Comfort comes before performance.

And your body gets a vote.