

Coping with Endometriosis for You And Your Partner

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Things You Can Do for Yourself

- ❑ Get a good diagnosis.
- ❑ Learn about the symptoms.
- ❑ Learn about the condition.
- ❑ Look at your options.
- ❑ Accept the condition.
- ❑ Learn how to manage stress more effectively.
- ❑ Stay with your treatment.
- ❑ Set up situations in which you are successful.
- ❑ Deal with the cycle of pain.
 - Accept the pain.
 - "Image" the condition and the pain.
 - Use relaxation techniques.
 - Create a relaxing environment.
 - Remind yourself that it will lessen.
 - Vary your routines.
 - Consult with your physician concerning types, intensities, and relievers.
- ❑ Affirm yourself positively.
 - Affirmations (e.g., "Every day in every way I am getting better and better.")
 - Claim your strengths.
 - Don't expect "instant cures" simply from focusing positively.
 - Learn to laugh.

Things to Avoid Doing

- ❑ Making your partner your sole source of support.
- ❑ Complaining.
- ❑ Focusing on the negative aspects of being a person with this condition.
 - I am "damaged goods."
 - There is no hope for me.
 - I am not a normal woman.
 - This condition continually reminds me that I can't have children.
 - I dread having intercourse.
 - I can 't function independently.
 - What did I do to deserve this?
- ❑ Too much exercise.
- ❑ Stress-producing situations.
- ❑ Believing that what works for someone else will work for you.
- ❑ Accepting the myths regarding the condition.
 - Can't have sex.
 - There is no relief for your pain.
 - This has nothing to do with your mind.
 - Treatment will eradicate the condition.
- ❑ Isolating yourself from others.

Things You Can Do with Your Partner

- ❑ Share information about your condition.
- ❑ Help the other person to understand it.
- ❑ Include the other person in decisions about your treatment strategy.
- ❑ Minimize the pain of sex.
- ❑ Enlist the other person in understanding and accepting your mood changes.
- ❑ Affirm each other's positive qualities.
- ❑ Stay with the things that work for the two of you.