

SHARING WITH A PARTNER CHEATSHEET



You've been changing your relationship to your cycle and to your body, and that's making a difference in how you relate to yourself. Did you know that it can also change the way that you relate to others? If you're interested in sharing what you've learned with a partner, it can be an incredible way to increase intimacy in your relationship.

Sharing with a Partner

How to

The best thing to keep in mind is just to be honest and be yourself. Be truthful about your experience and what you find fascinating about what you're learning. If you need a little guidance, use the following as a starting point.

► **"Honey...**

I've been experimenting with tracking my physical and emotional energy for a few months, and I'm discovering some interesting things about myself.

I'm learning how my energy ebbs and flows with my menstrual cycle, and I think it could be a really useful tool for us.

Could I share what I've learned with you?"

