

BELIEFS

Reflective questions to help identify our underlying beliefs about menstruation and our feminine self *:

- How do you feel about being a woman?
- What is your attitude towards your female body, its appearance and its functions?
- Who or what taught you anything/most about menstruation as a child?
 - What was your parent's/culture's/school's/friends' attitude towards menstruation (explicit or not)?
 - Was it something that was talked about?
- What were your feelings when you first heard about menstruation?
- What was your personal experience of menarche?
 - Where were you?
 - Who were you with? How did they make you feel?
- What is your attitude now towards your menstruation?
 - Has this attitude changed over the years? If so, how?
 - Do you like it or do you dread its arrival each month?
 - Do you embrace it as a blessing or find it a curse?
 - What is your personal experience of menstruation?
Do you experience any menstrual symptoms?
 - What language do you use to describe menstruation?
 - What is your relationship with your menstrual blood?

- What is your attitude towards your whole menstrual cycle?
 - Do you experience any symptoms during the rest of your cycle (eg ovulation, pre-menstrual)?
- Are you aware of the different phases of your cycle?
 - Do you know when you are ovulating? Or about to bleed? How?
 - Do you or have you ever charted your cycle?
 - Are there phases of your cycle that you particularly like or dislike?
- Do you adjust your life and your work according to how you are feeling energetically, emotionally, physically in the different phases of your cycle? If so, why and how?
- How does your menstrual cycle figure in your relationship with your partner?
- What is your attitude towards menopause? Has it changed over the years?
- What has been your personal experience of menopause?
- How has your life and your relationship with your female self changed post-menopausally?

* These questions are for women of all ages. If you do not bleed (post-menopausally or for any other reason), please reflect back on when you did and/or tune into your present awareness (or lack of awareness) of your cyclical energetic ebb and flow (eg perhaps connected to the Moon's monthly cycle).