

Name:

Date:

MRKH & words

Write down your thoughts, worries, feelings and reactions after reading each of these sentences, words and scenarios.

**Telling "I was born
with MRKH"**

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with MRKH"**

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A few notes to give you some inspiration when writing.

Food for thought

If it's a scenario for example "Watching a period advert" imagine this happening in real life with different people to make it real and personal for you.

For example your feelings might be different if you were "Watching a period advert with my family" to "watching a period advert with my friends".

You could also write and reflect on real scenarios. For example "Telling someone about MRKH"; you might want to write about the different people you've already told and what you said, how you felt, or you might write about how the thought of it makes you feel in different situations that have not yet happened. You could even pick someone you want to tell and plan your "disclosure" script!

When it's a single word like "Vagina" you could list all the thoughts, anxieties, feelings or even positive quotes that pop to mind!

When it's a statement like "Born without a vagina" imagine it within different scenarios. For example, you might google MRKH and this is the first thing you see- how does this make you feel? Maybe you don't feel it describes your body correctly or maybe you are comfortable with saying this.

Name:

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**"Born with an underdeveloped
reproductive system"**

**Watching a period advert
with.....**

**Watching a period advert
with.....**

Name:

Date:

Vaginal dilating

**Talking about dilating
with.....**

**Talking about dilating
with.....**

Name:

Date:

Having sex

Orgasm

Name:

Date:

My vulva

**Talking about periods at
school**

Name:

Date:

Talking about infertility

**A friend announces they are
pregnant**

Name:

Date:

**Someone asks you for a
tampon**

**Someone asks you when
you're going to have kids**

Name:

Date:

**Someone asks you about
getting a smear test**

Being 1 in 5000

Name:

Date:

**Telling a partner about
MRKH**

"Born without a vagina"

Name:

Date:

Feeling a baby kick

Surrogacy (for those that want children)

Name:

Date:

Born without a womb

**Saying "I don't have periods"
out loud**

Name:

Date:

**Self pleasure or
mastuburbation**

The word "intersex"