

BELIEVE HER THE FIRST TIME

A COMPANION WORKBOOK



HUMAN FIRST

00

START HERE

USE THIS WITH A PEN

This workbook is not a test and it is not a scorecard. It is a place to slow down, name what matters, and make support more practical. Each page asks for one honest answer. Take your time, skip what does not fit, and come back when a real moment gives the question more meaning.

Read the excerpt. Sit with the question. Write four honest lines. Then carry one useful thought into the next day.

01 READ THIS FIRST ENDOMETRIOSIS 101

Endometriosis is a chronic disease. Tissue similar to the lining of the uterus grows outside the uterus, where it can cause inflammation and scar tissue. It is not a bad period, a mood, or a problem someone can simply push through.

WHAT IT CAN LOOK LIKE

Severe menstrual pain is common, but pain can also show up between periods, during sex, bowel movements, or urination. Fatigue, heavy bleeding, nausea, bloating, fertility problems, and pain that disrupts work, school, sleep, or relationships can be part of the picture. Symptoms vary from person to person.

WHAT A MAN NEEDS TO KNOW

There is no known cure, and treatment is personal. Medication, surgery, pain care, fertility care, and other supports may help, but there is no universal path. Your job is not to diagnose, fix, or make decisions for her. Your job is to learn enough to listen, believe her, and make real life easier.

This page is general information, not medical advice. Questions about symptoms, diagnosis, or treatment belong with a qualified clinician. General facts on this page are consistent with the World Health Organization's endometriosis guidance.

PART ONE

IT STARTED WITH MY DAUGHTER

01

EXERCISE

BELIEVE THE FIRST TIME

"The title of this book is simple because the problem should have been simple: believe her the first time."

BELIEVE HER THE FIRST TIME, CH. 1

Where have you waited for more proof before taking her pain seriously?
Name one moment you want to handle differently. Write it plainly.

02

EXERCISE

LEARN THE REAL WORDS

"A daughter should not have to protect her father from the truth about her body."

BELIEVE HER THE FIRST TIME, CH. 2

What topic have you avoided because it made you uncomfortable? Name the words you need to be able to say without making her teach you first.

03

EXERCISE

RETIRE THE SMALL BOX

"Endometriosis is a chronic disease, and for many people it reaches into parts of life that have nothing to do with a neat calendar cycle."

BELIEVE HER THE FIRST TIME, CH. 3

What assumption about endometriosis needs to leave your vocabulary?
Cross it out in your mind, then write the truer sentence.

04

EXERCISE

NOTICE WHAT YOU MISS

"We notice the part that touches our life, but that is different from understanding what is happening."

BELIEVE HER THE FIRST TIME, CH. 4

What have you noticed only because it disrupted your plans? Write one question that turns your attention back toward her experience.

05

EXERCISE

DROP NEAT ANSWERS

"Men need to stop expecting from endometriosis is neatness."

BELIEVE HER THE FIRST TIME, CH. 5

Where have you wanted one clean answer, one fix, or one finish line? Write how you can stay useful when the answer is not neat.

06

EXERCISE

NAME THE SERIOUS MOMENT

"Do not wait for perfect words."

BELIEVE HER THE FIRST TIME, CH. 6

If someone you love is in serious emotional pain, what is one direct, caring action you can take today? Write the action and one person to call.

ONE LINE FOR TOMORROW

What is one thing you want to remember when the next ordinary day arrives? Write it in a sentence you can keep.

PART TWO

WHAT ENDOMETRIOSIS DOES TO A LIFE

07

EXERCISE

MAP THE MEDICAL MAZE

"There is a special kind of exhaustion that comes from being sick and having to manage the system that is supposed to help you."

BELIEVE HER THE FIRST TIME, CH. 7

What is one part of the medical maze you can carry without taking control?
Write the task, then ask how she wants help.

08

EXERCISE

COUNT THE HIDDEN COST

"The disease keeps charging after the receipt is printed."

BELIEVE HER THE FIRST TIME, CH. 8

What cost has gone unseen in your home: time, work, energy, friendships, money, or confidence? Name one cost you will stop treating as invisible.

09

EXERCISE

MAKE LOVE USEFUL

"At some point, love needs to become useful."

BELIEVE HER THE FIRST TIME, CH. 9

What ordinary task could you own before it becomes another thing she has to request? Write one concrete responsibility and when you will do it.

10

EXERCISE

CHANGE THE WORDS

"We defend the intention because the impact makes us feel guilty."

BELIEVE HER THE FIRST TIME, CH. 10

What sentence have you said that landed badly, even if you meant well?
Rewrite it as a question that listens instead of defends.

11

EXERCISE

PREPARE FOR FLARE DAYS

"A flare day changes the whole room."

BELIEVE HER THE FIRST TIME, CH. 11

What is one practical thing that helps when a flare changes the plan? Write what you will do without waiting to be managed.

12^{EXERCISE} PROTECT CONSENT

"Endometriosis can affect sex and intimacy."

BELIEVE HER THE FIRST TIME, CH. 12

What does respect look like when pain changes intimacy? Write one sentence that makes room for a real no, a pause, or a change of plan.

ONE LINE FOR TOMORROW

What is one thing you want to remember when the next ordinary day arrives? Write it in a sentence you can keep.

PART THREE

HOW MEN SHOW UP

13

EXERCISE

CARRY HOPE CAREFULLY

"Hope can be heavy when you have been disappointed before."

BELIEVE HER THE FIRST TIME, CH. 13

How can you make room for hope without demanding optimism? Write one way you can stay present when treatment news is hard.

14

EXERCISE

MAKE ROOM FOR GRIEF

"Few subjects make men clumsier than fertility."

BELIEVE HER THE FIRST TIME, CH. 14

What question have you rushed because you were scared? Write one way to let her set the pace of a hard conversation.

15

EXERCISE

ASK WHAT RESEARCH NEEDS

"Trust does not come from speeches."

BELIEVE HER THE FIRST TIME, CH. 15

Where can you turn concern into action: learning, voting, giving, asking, or speaking up? Write one specific action you can complete this month.

16

EXERCISE

TELL THE SYSTEM TRUTH

"I love healthcare enough to tell the truth about it."

BELIEVE HER THE FIRST TIME, CH. 16

What would it sound like to tell the truth about a system without giving up on the people in it? Write one honest sentence.

17

EXERCISE

NOTICE THE SILENCE

"She stops trying to describe the pain in detail."

BELIEVE HER THE FIRST TIME, CH. 17

What might silence be telling you that an argument never could? Write one gentle question you can ask without asking her to perform pain.

18

EXERCISE

TEACH BOYS BETTER

"Boys learn how to treat women long before they start dating them."

BELIEVE HER THE FIRST TIME, CH. 18

What do the boys around you learn from your words, jokes, and reactions?
Write one example you want them to see instead.

ONE LINE FOR TOMORROW

What is one thing you want to remember when the next ordinary day arrives? Write it in a sentence you can keep.

PART FOUR

FROM ONE DAUGHTER TO A BIGGER FIGHT

19^{EXERCISE} WIDEN THE CIRCLE

"Every man helps create the world she has to move through while carrying pain most people will never see."

BELIEVE HER THE FIRST TIME, CH. 19

Where do you have influence beyond your home? Write one way you can make that place more believable, practical, or humane.

20^{EXERCISE} DECIDE WHAT PUBLIC MEANS

"Skepticism is fair when a man starts talking loudly about women's suffering."

BELIEVE HER THE FIRST TIME, CH. 20

If you speak publicly, whose needs should set the terms? Write one boundary that keeps the focus on people, not your own image.

21

EXERCISE

STOP REQUIRING A WARRIOR

"She should not have to be a warrior."

BELIEVE HER THE FIRST TIME, CH. 21

Where have you praised strength while overlooking the cost of having to be strong? Write one way to reduce the load instead.

22

EXERCISE

STOP MAKING HER MANAGE

"There is a kind of support that still makes a woman tired."

BELIEVE HER THE FIRST TIME, CH. 22

What are you still asking her to organize, explain, or emotionally manage for you? Write one thing you will learn or carry yourself.

23

EXERCISE

FIND THE REAL ROOM

"Books do not get finished in some abstract place. They get finished in a real chair, in a real house, with real people nearby."

BELIEVE HER THE FIRST TIME, CH. 23

What real room, relationship, or ordinary moment reminds you why showing up matters? Write one thing you want to protect there.

24

EXERCISE

KEEP SHOWING UP

"The problem should have been simple: believe her the first time."

BELIEVE HER THE FIRST TIME, CH. 1

What is one promise you can keep this week that would make support feel less like a speech and more like a practice? Write it down.

ONE LINE FOR TOMORROW

What is one thing you want to remember when the next ordinary day arrives? Write it in a sentence you can keep.

NOTES

Use this page for anything you do not want to lose.