

How to Find Intimacy After an STD: Living with Herpes

If you've been diagnosed with an STD, you're not alone. Millions of people live with STDs, and it's possible to have a healthy and fulfilling sex life even after an STD diagnosis.



Having The Talk: How To Find Intimacy After An STD (Living With Herpes Book 3) by Dr. Kelly Schuh

★★★★★ 5 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 16 pages
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This article will provide you with tips on how to find intimacy after an STD, including:

- How to talk to your partner about your diagnosis
- How to cope with the emotional challenges of living with an STD
- How to find support

How to Talk to Your Partner About Your Diagnosis

Talking to your partner about your STD diagnosis can be difficult, but it's important to be honest and open. Here are some tips for talking to your partner about your diagnosis:

- Choose a time and place where you can talk privately and without interruptions.
- Be honest and direct about your diagnosis. Don't try to sugarcoat it or downplay it.
- Be prepared to answer your partner's questions. They may have questions about the STD, how it's transmitted, and how it will affect your relationship.
- Be understanding and supportive of your partner's reaction. They may be scared, angry, or confused. Give them time to process the information and come to terms with it.

How to Cope with the Emotional Challenges of Living with an STD

Living with an STD can take an emotional toll. You may feel scared, ashamed, or isolated. Here are some tips for coping with the emotional challenges of living with an STD:

- Educate yourself about your STD. The more you know about your STD, the better you'll be able to cope with it.
- Talk to someone you trust about your diagnosis. This could be a friend, family member, therapist, or healthcare provider.
- Join a support group for people with STDs. This can provide you with a sense of community and support.

- Practice self-care. This includes eating healthy, getting enough sleep, and exercising regularly.

How to Find Support

There are many resources available to help you cope with an STD diagnosis. Here are some places to find support:

- Your healthcare provider. Your healthcare provider can provide you with information about your STD, treatment options, and support resources.
- Local health department. Your local health department can provide you with free or low-cost STD testing, treatment, and counseling.
- National STD hotline. The National STD Hotline (1-800-232-4636) is a free and confidential service that can provide you with information about STDs, treatment options, and support resources.
- Online support groups. There are many online support groups for people with STDs. These groups can provide you with a sense of community and support.

Living with an STD can be challenging, but it's important to remember that you're not alone. There are many resources available to help you cope with your diagnosis and find intimacy. By following the tips in this article, you can take control of your STD and live a healthy and fulfilling life.

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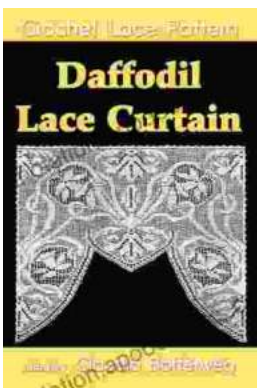
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