

Charlotte Cooper

PMDD COURSE • PMDD PATTERN MAP

Getting to know your cycle, your way. ♥

This map is here to help you step back and notice the patterns that are unique to you. There is no right or wrong. Your cycle is personal. Over time, as you look back at your journal, you may begin to see the signs, the shifts and the support you need.

You are gathering information, not judging yourself.

THE FOUR PHASES OF YOUR CYCLE



MENSTRUATION

(Period)

Days 1–5 (approx.)

Your period.



FOLLICULAR

Days 6–14 (approx.)

Energy often begins returning.



OVULATION

Days 14–16 (approx.)

Around the release of an egg.



LUTEAL

Days 17–28 (approx.)

The weeks before your next period.

MY PATTERNS

Look back over at least 2–3 cycles in your journal and notice what you see. There are no right or wrong answers.

💧 MENSTRUATION (Days 1–5)

Thoughts I notice: _____

Emotions I feel: _____

Body sensations: _____

What helps me: _____

Things to remember: _____



🌱 FOLLICULAR (Days 6–14)

Thoughts I notice: _____

Emotions I feel: _____

Body sensations: _____

What helps me: _____

Things to remember: _____



🌸 OVULATION (Days 14–16)

Thoughts I notice: _____

Emotions I feel: _____

Body sensations: _____

What helps me: _____

Things to remember: _____



🌿 LUTEAL (Days 17–28)

Thoughts I notice: _____

Emotions I feel: _____

Body sensations: _____

What helps me: _____

Things to remember: _____



MY EARLIEST SIGNS

What are the first signs that PMDD may be beginning for me?

WHAT I NEED MOST

What do I need from myself and others during my Luteal phase?



A NOTE TO MY FUTURE SELF

What would I love to remember next time I'm feeling overwhelmed?



You are worthy of the support you need. ♥

Created by Charlotte Cooper
for the Charlotte Cooper PMDD Course