

Self-Test for becoming a confident and successful Justisse Method User

When you learn how to observe, chart, and interpret your unfolding fertility and infertility using the Justisse Method you acquire greater body literacy a *life skill* that gives you the *freedom* to work with your reproductive body and reproductive health *according to your purpose and intention*. Whether you use this life skill to avoid pregnancy, to achieve pregnancy, as a health guide, or as a means of self-awareness it is important to carefully follow the instructions for identifying your hormonally driven events of fertility and infertility. These events reflect your state of reproductive health, which is an indicator of your whole body health. Understanding these events increases your self-awareness with respect to your physical and emotional self, as well as your reproductive self. Many women report that learning the Justisse Method improves their relationship with themselves and their knowledge of how to better care for themselves..

This Self-Test covers some of the points that a Justisse Holistic Reproductive Health Practitioner (HRHP) reviews with users during a Justisse Method Follow-Up Session, but without the personalized response to your individual situation. If you have any concerns about interpreting your chart or how to mark events and notes in your chart we suggest that you take time to book a follow-up session with a Justisse HRHP. She will help you with this self-test and much much more. We strongly recommend you work with an HRHP at least a few times if you are coming off hormonal contraceptive; have concerns about your fertility or reproductive health; suffer from severe PMS; are breastfeeding; or are over 40 years old. HRHPs are especially trained to teach women how to use the Justisse Method and to practice the principles of holistic sexual and reproductive health, body literacy, and fertility awareness. (<http://www.justisse.ca/PractitionerDirectory.htm>)

This Self-Test helps you review how well you are learning the charting skills to successfully use the Justisse Method. Take this test as many times as you like. We recommend the following self-test schedule:

- 2x during cycle 1
- 1x during cycle 2, cycle 2, cycle 3
- 1x during 6, 9, 12
- Whenever your reproductive health situation changes
- Whenever your reason for the using the method changes

The more often you take the self-test in the first few cycles of learning the more quickly you will become body literate and become confident with the method. Once you are confident in charting and are doing so successfully we then recommend that you do the self-test if your menstrual cycle situation changes. For example, your menstruation returns during breastfeeding, or you change your intention from wanting to avoid pregnancy to wanting to become pregnant. Justisse Method users who review the User's Guide frequently and who take the self-test as recommended more quickly and confidently develop Justisse Method know-how, and they are more successful in both avoiding and achieving pregnancy.

BE PATIENT WITH YOURSELF IN THE EARLY LEARNING STAGES. DO NOT HESITATE TO ASK A JUSTISSE METHOD HRHP FOR HELP.

	Yes	Learning	No	Justisse Method User's Guide Pages
About the Justisse Method (The Basics) Chapter 1	Yes	Learning	No	pages 1 to 5
Have read the Justisse Method User's Guide.				
Doing the self-test as recommended.				page 3
Have contacted a Justisse Method HRHP for help.				pages 2 to 3
Following instructions on how to use the method.				page 3
Can confidently use the method according to intention.				page 3
How Women's and Men's Fertility Works Chapter 2	Yes	Learning	No	Pages 6 to 14
Have your read Chapter 2 of the User's Guide				pages 6 to 14
Know the basics of how women's and men's fertility works.				pages 6 to 14
Understand the purpose of "Nature's Gate" and cervical mucus.				page 10
Observing Menstrual Cycle Events Chapter 3	Yes	Learning	No	pages 15 to 17
Using flat layers of tissue.				page 16
Wiping from front to back.				page 16
Deciding sensation at the vulva before looking at the tissue.				page 16
Identifying sensations easily (D, S, L).				page 16
Finger testing mucus seen on tissue.				page 16
Noting the color, consistency, and change in mucus.				page 17
Remembering all observations made.				
Checking every time before and after going to the bathroom.				page 16
Checking last thing before going to bed, before charting.				page 16
Checking if getting up at night to use the bathroom.				page 16
Describing Menstrual Cycle Events Chapter 4	Yes	Learning	No	pages 18 to 24
Using Observational Notations.				page 18
Describing cycle events exactly as seen and experienced.				page 19
Can identify true menstruation.				page 19 (page 42)
Not relying on internal examinations for mucus.				pages 21 to 22
Can identify sensations of dry, smooth, and lubrication.				pages 20 to 21
Can identify and describe any mucus seen on the tissue.				pages 20 to 21
Using Self-Examination of the cervix.				pages 22 to 23
Use the photos of mucus in JM User's Guide for help.				pages 24 to 26
Charting Menstrual Cycle Events Chapter 5	Yes	Learning	No	pages 27 to 32
Charting first day of menstruation as Day 1 of the cycle.				page 27
Using the correct color of stamp for mucus, dry, bleeding.				page 27
Charting most fertile "sensation" of the day.				page 28
Charting most fertile mucus observation of the day.				
Can tell the difference between Peak and non-Peak mucus.				page 27
Charting no mucus and no lubrication as dry days.				
Charting number of times the most fertile sign is seen.				page 29
Charting intercourse or alternative sex or use of barriers.				page 29
Charting Peak-Day and any Count-of-3 according to instructions.				pages 29 to 30
Charting any stress, illness or miscellaneous cycle events.				pages 30 to 31

Taking BBT according to instructions.				pages 31 to 32
Understands how to draw a baseline and identify BBT Shift.				pages 31 to 32, page 41
Making the Justisse Method Work for You Chapter 6	Yes	Learning	No	pages 33 to 41.
Read and understand "Basic Charting Considerations".				page 37
If avoiding pregnancy: abstaining from sexual intercourse or genital contact on fertile days or days when you are in doubt.				page 33 and 36
If achieving pregnancy: having intercourse on fertile days.				page 33
Able to identify arousal fluid and seminal fluid discharge.				pages 33 to 34
Using alternative sex of barriers on fertile days.				pages 34 to 35
Making observations for the presence of mucus or no mucus regularly and accurately?				page 35
Charting daily at the end of the day and charting the most fertile event observed that day.				page 35
Can identify times of fertility.				page 36
Can identify times of infertility.				page 38
When experiencing stress or illness or changes in diet or lifestyle watching for "Double Peak".				page 38
Consider as fertile any days of doubt (?) about observations or missed days of charting plus a Count-of-3.				page 39
If achieving pregnancy: using days of greatest quantity and peak characteristics for intercourse.				
If breastfeeding: following breastfeeding charting considerations				page 40
Review Sample Charts for examples of the "Charting Considerations", and Count-of-3.				pages 48 to 55
Other Charting Considerations Chapter 7	Y	Learning	N	pages 42 to 47
Can identify cycle health. If concerned about cycle health: in contact with HRHP for help.				page 42
If experiencing continuous mucus; in contact with HRHP for help with Yellow Stamp Management.				page 42
If coming off the birth control pill or other hormonal contraceptives: in contact with HRHP for help in recovering cycle health.				page 43
If experiencing concerns infertility: in contact with HRHP for help with chart interpretation and recovering cycle health.				page 43 to 44
If breastfeeding: in contact with HRHP for help.				page 44
If postpartum or post abortion or post miscarriage; in contact with HRHP for help.				page 44 to 46
If premenopausal: in contact with HRHP for help.				page 46
If just started menstruating: in contact with HRHP for help in learning about cycle health.				page 47