



*Shmirshky*TM
(think inside the box)

Shmirshky Party Questions

Here are a few questions that can help jumpstart the conversation at your Shmirshky Party! Cut these questions up and throw them in a box (when it comes to the shmirshky, we like to think inside the box), then pass the box around and let the Shmirshky Party begin!

Are you sexless in the city?

Are you exhausted, depressed, and, frankly a bitchface in PM&M?

Do you pretend your "fine," when really you feel like a complete mess?

Who prepared you for PM&M?

Were you aware when your mother was going through PM&M?

Have you ever discussed PM&M with your significant other?

What or who helped you the most through PM&M?

Who in your life do you need to talk to about PM&M? How will you start the conversation?

Have you ever had your hormone levels checked?

Does your mind go blank in mid-sentence?

What is your most embarrassing PM&M story?

What is the most difficult PM&M challenge you have dealt with?

Do you have a thyroid condition? If yes, are you a hyper or a hypo?

Do you take hormone replacement? If so, are you a cream, gel, patch, or pill shmirshky?

If you don't take hormone replacement, what did you do to relieve your PM&M symptoms?

Has your shmirshky spent any time in the desert? What do you do about it?

Do you pepper your house and office with sticky note reminders?

Do your clothes feel like they are shrinking?

Have you ever tried acupuncture for PM&M?

Do you see a gynecologist who specializes in PM&M?