

Pee Shy To Pee Free: Proven Method To Overcome Bashful Bladder

Do you suffer from pee shyness? The fear and anxiety that arise when you enter a public restroom and find yourself unable to urinate? You are not alone. Many people experience bashful bladder, also known as paruresis, which can severely impact their daily lives. However, there are proven methods to overcome this condition and regain control of your bladder. In this article, we will explore the pee shy phenomenon, its effects on individuals, and provide a step-by-step approach to help you become pee free.

The Pee Shy Phenomenon

Pee shyness, or bashful bladder, refers to the difficulty or inability to urinate in the presence of others. It is a form of social anxiety that often occurs in public restrooms, but can also manifest in different surroundings. This condition is more common in men but can affect individuals of any gender.

People with bashful bladder commonly feel embarrassed, humiliated, or ashamed due to their inability to urinate in public. This can lead to avoidance behaviors, such as refraining from using public restrooms, limiting fluid intake, or choosing specific stalls or times when they believe they will have more privacy.

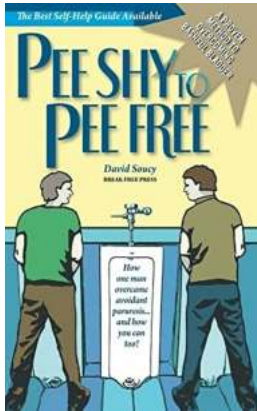
Pee Shy to Pee Free / A Proven Method to Overcome Bashful bladder: How One Man Overcame Avoidant Paruresis ... And How You Can, Too by David Cox (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 96 pages
Lending	: Enabled



The Effects of Pee Shyness

Living with pee shyness can have a significant impact on an individual's life. The fear of not being able to urinate in public places can restrict social activities, job prospects, and even cause physical discomfort from holding urine for extended periods.

People with bashful bladder may find themselves avoiding social outings or events that involve public restrooms. They may decline invitations to parties, travel less, or experience discomfort during long-haul flights. The constant worry and stress surrounding the condition can lead to feelings of isolation and low self-esteem.

Proven Method to Overcome Bashful Bladder

Thankfully, there are effective strategies and techniques to help individuals overcome pee shyness and regain control of their bladders. The following steps outline a proven method that has helped many people break free from the shackles of bashful bladder:

Step 1: Awareness and Acceptance

The first step towards overcoming pee shyness is to become aware of your condition and accepting it as a genuine concern. Recognize that many others also experience this issue, and you are not alone. Acknowledging the problem is crucial for progress.

Step 2: Gradual Exposure Therapy

Gradual exposure therapy involves exposing yourself to increasingly challenging restroom situations. Start by practicing in familiar and quiet environments, such as your home or a friend's place. Once you become comfortable in these settings, progress to public restrooms with few people around, gradually increasing the number of individuals present over time. The goal is to desensitize yourself to the fear and anxiety associated with urinating in public.

A helpful technique during exposure therapy is to distract yourself by focusing on your surroundings or engaging in an activity. Some people find it useful to listen to music or perform mental tasks while attempting to urinate. Experiment and find what works best for you.

Step 3: Relaxation Techniques

Learning relaxation techniques can significantly help calm your mind and body, reducing anxiety levels associated with urinating in public. Practice deep breathing exercises and progressive muscle relaxation before entering a public restroom. These techniques will not only relax your body but also promote a sense of tranquility and control.

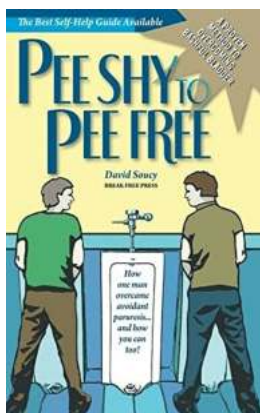
Step 4: Seek Professional Help

If you find it challenging to overcome bashful bladder through self-help methods, consider seeking professional help. A therapist experienced in treating social anxiety or phobias can guide you through specific therapies tailored to your

needs. Cognitive-behavioral therapy (CBT), exposure therapy, or medication may be recommended based on your circumstances.

Bashful bladder can be a distressing and limiting condition, but it doesn't have to control your life. By following the proven method outlined in this article, you can overcome pee shyness and reclaim your bladder control. Remember, becoming aware of the problem, gradually exposing yourself to challenging situations, practicing relaxation techniques, and seeking professional help if needed are essential steps towards pee freedom.

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There's nothing funny about Avoidant Paruresis!

The pee shy man is too often the subject of jokes, but for people who suffer from avoidant paruresis (also known as "shy bladder syndrome"), it's no joke.

In fact, anxieties and phobias about urinating in public provide pure torture. Avoidant paruresis is crippling.

Most people take being able to urinate easily in public rest rooms for granted, but for countless millions of men having to urinate when they are out brings into play an excruciating social anxiety. But, there is good news in this book. It is this: social phobias are learned.

Of course, no one sets out saying, "I'm going to learn to be inhibited about public urination," but avoidant paruresis is nonetheless—like all social phobias—learned. Because it is a learned behavior (and this is the truly great news), it is amenable to change. You can become pee free! I know that seems impossible now, but you can become uninhibited. It will take time and it will take effort, but you can learn how to be comfortable urinating in public. One day, you may even be able to take on the dreaded trough!

What you'll learn in this book

Pee Shy to Pee Free is totally about helping you to effect the change from pee shy to pee free. It is full of

~ practical strategies you can begin implementing right away to ease your inhibition,

~ exercises for insightful understanding of what's best for you—this is not a one-size-fits-all solution,

~ a thorough treatment of behavioral modification that includes the thinking behind creating a personal step-by-step process, and

~ real life examples of once-inhibited men who have succeeded in going from being pee shy to pee free.

This book, by a man who has "been there, done that," will show you how to overcome avoidant paruresis.

David Soucy Bio

I spent years being intimidated by public toilets, suffering in pain when unable to go with others in my group who went into a men's room. Sometimes, I had to leave gatherings early to go home to my private bathroom or even have to get back in a car full of other men who had just been to the rest room without me and continue barreling down a highway without a possibility of relieving my bladder for miles and miles. It was torture.

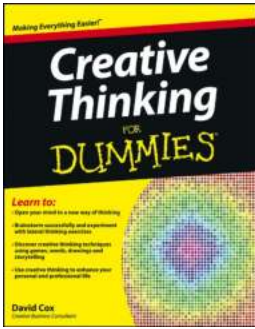
In this easy-to-read book, I share the journey that finally led to my being free of urinary inhibition—as you, too, can be. It isn't just me who has done this. I also include the stories of other men who have been able to heal shy bladder and succeed in freeing themselves from this disorder.

Do yourself a big favor: learn do-able steps to rid yourself of paruresis. Pee Shy to Pee Free is your "road map."

For the low price of this book, you or a loved one can cure bathroom shyness disorder and become a free man.

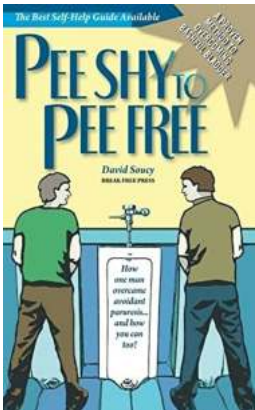
Scroll up to the buy icon and obtain this revised edition now. Begin your journey today from pee shy to pee free.

The freedom which others take for granted will finally be yours, too!



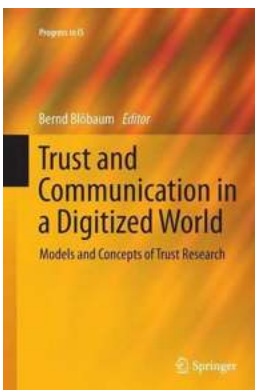
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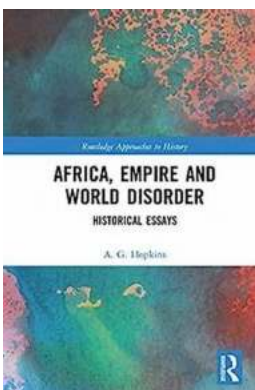
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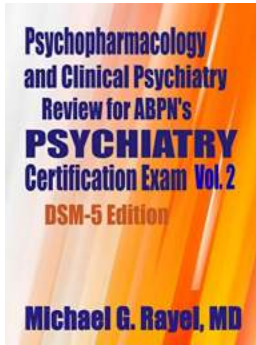
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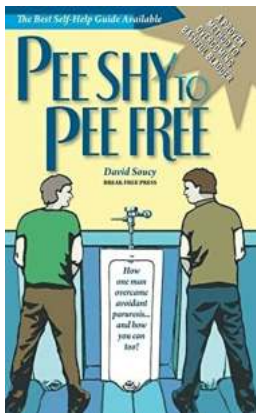
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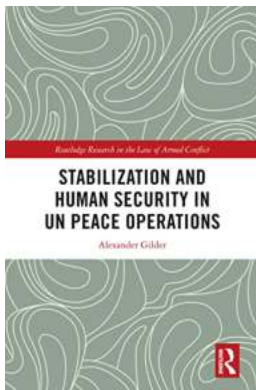
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