Hello, I'm JP Calvin, and I have a shy bladder.

As you know, the Catalyst Conference is this week, and if you've been to the conference you are undoubtedly aware of how long the lines for the bathroom can be in between sessions.

When you finally do make it to a urinal, there are a lot of eyes staring at your back as you try to do your business. This is a very uncomfortable situation for those of us who suffer from U.U.S.: urethra lock-up syndrome.

Here's my advice for those of you who, like me, get stage fright in public restrooms: the best time to use the restroom at the Catalyst Conference is during one of the speaking sessions.

So on the first day of the conference, flip through the handbook you received in your swag bag and find the order of speakers. Then choose a couple speakers whose talks you're not too concerned about missing in order to relieve your bladder.

As I flip through this year's book I see that Cory Booker is speaking on the main stage.

No offense, Mr. Booker, but your session will likely be my pee-pee time. Thanks for your understanding.

Hey, man! You're holding up the line!

Stop looking at me!
I have a shy bladder.

I struggle in public restrooms sometimes. Most of the time, I have no problems. But every once in a while, I’ll walk up to a urinal and lock right up. Even if I walked into the restroom feeling like my eyeballs were floating, the entire I-have-to-urinate sensation will have dissipated.

This year will be my third visit to the Catalyst Conference in Atlanta. For the past two years, my shy bladder has kicked-in in full force during the conference. The lines are so long and everybody is staring at your back while you try to clear your mind. And there are no dividers between the urinals so I’m trying to stand really close to the urinal without touching it so no one sees my junk. I’m really weird about people seeing my junk. It’s MY junk. Don’t look at it.

But if you visit the restroom during a session, it’s like a ghost town in there. It’s seriously the best time to go. You can think. There’s no pressure. No one is staring at you impatiently. Then, when you’re done, you can take a nice little stroll around the concourse and check out the various vendors and organizations without wading through a throng of people. It’s a nice, relaxing time.

Are you going to be at Catalyst this year? I’m going to have some Insert Image stickers with me. If you see me, come say “Hi” and I’ll hook you up with a sticker.

http://www.insertimg.com/comic/shy-bladder/