

Learn the **TRUTH** on How to Recover From Paruresis



THINK rationally



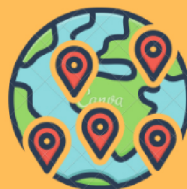
RELAX in body
and mind



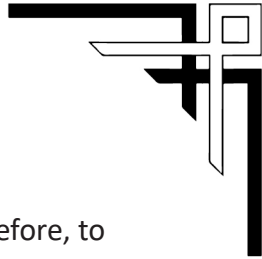
Only pee when
it is **URGENT**



TELL those
you love



Break old **HABITS**
by practicing
diligently



Embrace the TRUTH

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With paruresis, our brain tells us that it is not safe to pee in public but this is not the truth; therefore, to recover from paruresis we need to

T = THINK rationally and stop believing the lie that has left us sensitized (sensitive and shy)

R = RELAX in body and mind

U = Only pee when it is URGENT

T = TELL those we love so the secret loses its power

H = Break old HABITS by practicing peeing in public to desensitize (less sensitive and shy)

How do you learn to pee in public? The same way you learned to walk—gradually. When learning to walk you fell a lot but you saw others walking and you decided that walking was worth the risk of falling and feeling the anxiety caused by falling. Most people (93%) are able to pee in public. Being able to pee when and where you need to is also worth the risk of feeling anxious when you enter a public restroom or even think about doing so.

Anxiety helps keep us safe but sometimes our brain gets it wrong and tells us something is not safe when it is. You want your brain to tell you that it is not safe to walk across a busy street without looking but when you look both ways and there is no traffic your brain gets the message that it is safe and your anxiety decreases and you walk freely across the street. With paruresis, how do you tell your brain that it is safe to pee in public? By telling yourself that IT IS SAFE to pee in public and then working the TRUTH plan as outlined above.

How do I know this works? Because it worked for me. I was sexually assaulted by an older and bigger boy when I was in the sixth grade. I was standing at a urinal but had not started peeing when he came up to the urinal on my left. He then knocked me to the floor and tried to put his penis in my mouth. This memory was also re-pressed because it was traumatic. For years, I only remembered that I looked at him and he looked at me and I was unable to pee.

Because the assault was sexual, I believed guys were doing sexual things in in the restroom all the time. When I recovered this memory and began to tell myself that no one is going to assault me and that others are just peeing and not being sexual my recovery went into overdrive.

Some will say that I have the advantage because I know what caused my paruresis and they do not; however, it doesn't matter because both of our brains told us it was not safe—either emotionally or physically—to pee in public when the truth is that this is a lie.

Once you have desensitized enough, you will begin to feel less sensitive and empowered—just like your little child felt when he or she learned to walk.

In the past, I have tried unsuccessfully to convince others that nobody cares whether they pee or not and that nobody is paying attention to them; however, I made the most progress when I decided that I DID NOT CARE what anybody thought of me when I was peeing or trying to pee. Stop caring about what others think of you and you will walk out of the restroom with your head held high feeling empowered and confident that you can pee at the level to which you have desensitized. It's a process and does not happen overnight but you can reach your goal faster than you think by embracing the TRUTH.