



**Tell at least one person who is important to you  
about your Paruresis on May 25, 2022! Here's how:**

You: Hey [significant person], did you know that May is Mental Health Awareness Month?

Them: No, really?

You: It seems that a lot of people have been in the news lately talking about their internal struggles that no one knows about. Everyone has some sort of challenge, right?

Them: Seems like it.

You: You know, our relationship is very important to me. So important that I want to share with you a mental health challenge I have. Would that be okay? I'd really appreciate your support.

Them: Um, yeah sure.

You: Did you ever hear of shy bladder? Not being able to go when other people are around? A lot of people think it's funny and no big deal. But it is a big problem for me – studies say that upwards of 7% of people suffer from it. Its technical name is Paruresis (“par-you-ree-sis”), and it is a legitimate social anxiety disorder.

Them: Wow. And this really affects you?

You: It basically runs my entire life. Where I work, social things I can and can't do - it's on my mind almost all the time when I'm away from home. Just telling you has been extremely difficult.

Them: I'm sure that was really hard, what can I do to help?

You: When you get a chance, check out this webpage today: [shybladder.org](http://shybladder.org). The International Paruresis Association has posted some info for families and friends of sufferers to understand our condition better. And just know what I'm struggling with when we're out and about. I want to get out and do things, so I'd appreciate your support. Is there any challenge that I can support you with?

