



Treatment for Shy Bladder - Paruresis by Peter Field

Many people have experienced short episodes of hesitation or 'shy bladder' when about to urinate in a public toilet or urinal.

Indeed, public toilets with their close proximity to others can sometimes have a temporary inhibiting affect on even the most confident person.

Yet for the individual experiencing shy bladder syndrome - or avoidant paruresis to give it its medical name - the difficulty goes far beyond simple urinary hesitation.

Indeed, in extreme cases, this condition can make it impossible for the individual to empty their bladder anywhere other than at home.

(There is also a similar condition called 'parcopresis', which is the inability to defecate when away from home or when others are near.)

Paruresis is an anxiety disorder that is known by several different common or garden names: pee shyness, bashful bladder, shy bladder syndrome perhaps being the most common.

While not widely discussed, bashful bladder or paruresis is nothing to be ashamed of.

Indeed, research suggests that it is much more common than is generally acknowledged, with a full 7% of the population suffering from this condition in one form or another.

Though paruresis is often thought of as something affecting only men, the fact is that it can affect both men and women.

Sometimes, this condition can have a truly debilitating and incapacitating affect on the individual's life.

Chronic sufferers of shy bladder syndrome may find it extremely difficult to travel very far from their home.

Others may find it impossible to urinate in their own home if they can hear anyone else there.

The origins of bashful bladder syndrome are several and varied.

Often the person suffering from paruresis has experienced an embarrassing situation in the past which conditioned him or her to respond in this way when attempting to urinate away from the safety of home.

Such an event or series of events may be recalled, or may simply have been forgotten by the conscious mind and beyond access to conscious memory.

For others, paruresis itself is simply symptomatic of deeper underlying concerns and may be connected with issues of self-esteem.

Moreover, shy bladder syndrome can be part of a more generalized anxiety disorder, such as social anxiety.

Or paruresis may be indicative of an inner, deep-seated insecurity regarding sexual functioning, identity or orientation.

Yet if there is one common denominator with pee shyness, however, it would appear to be that everyone who suffers from it is in some way self-conscious in the extreme.

The fact is that the subconscious mind is operating in an overactive and hyper-vigilant manner when it comes to allowing the individual to urinate away from home.

Believing that the person needs protecting in some way, it is doing its very best to keep the individual safe by discouraging and disallowing the free flow of urine.

The good news is that with the correct kind of hypnotherapy, in the right hands, bashful bladder can indeed be successfully treated.

Using advanced transformational hypnotherapy techniques it is possible to uncover the origin of this disorder and then neutralize its driving force.

Through the skilful application of hypnosis and hypnotherapy, the individual can rediscover his or her own self esteem and inner confidence so that they can move on with their life in a free and positive manner.

If you or someone you care about is struggling with the truly inconvenient condition known as pee shyness, bashful bladder, shy bladder syndrome or paruresis, do not despair. Help is available.

Working with an experienced and fully qualified transformational hypnotherapist, you can once more return to your natural state.

You can free yourself of urinary inhibition and continue with your life without this frustrating issue.

Why not contact an experienced transformational hypnotherapist now and talk to him or her about effective hypnotherapy treatment for your bashful bladder?

You'll be really glad you did!

Peter Field is a leading British hypno-psychotherapist and originator of AIROTherapy™ with practices in Birmingham and London, UK. He is the author of numerous articles on psychotherapy, hypnosis and health and his articles are currently published internationally by more than 200 different websites. He is a Member of the British Association for Counselling and Psychotherapy and Fellow of the Royal Society of Health. For more of his interesting and informative articles visit his website:

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