

bathroom a trigger

Posted by crispy - 05 Sep 2023 16:43

hi all!

I want to discus with the oilern an interesting trigger that i am facing and i home somebody can shine some light on it.

(i hope that my words will not trigger anyone.)

as weird as it may sound, having a bowl movement is a huge trigger for me. i have no explenation for this, and dont tell me because my pants is pulled down, because when i am in shower or changing cloths i am not triggered at all.

my experiance has shown that understanding my triggers really helps, and i thaught a lot about this one but i dont understand it.

if anyone with a similar experiance can explain thisto me i would reaaly apriciate it.

Thanx!

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Re: bathroom a trigger

Posted by connected - 05 Sep 2023 17:01

[crispy wrote on 05 Sep 2023 16:43:](#)

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Thanx!

According to Uncle Sigmund, we all go through that stage between the ages of 1 and 3; maybe it stuck with you. Who knows?

Then again, that's according to him. Is it true? That's contested.

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Re: bathroom a trigger

Posted by chancy - 05 Sep 2023 17:31

There is a very simple explanation for this, im not sure i should say it here as i dont want to trigger anyone.

But ill say it short and clean, please dont go googling this if you dont have a very strong filter.

When we do a bowel movement, sometimes you are pressing against your prostate glands, which can trigger sensations.

Maybe try sitting a little differently, maybe with a stool under your feet or try not to put so much pressure. try a few things and see if you can change it.

Anyways, dont worry about it, its a natural thing that happens and let it go.

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Re: bathroom a trigger

Posted by Markz - 05 Sep 2023 19:15

[crispy wrote on 05 Sep 2023 16:43:](#)

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Thanx!

Sorry to hear.

Are you 90 days clean from porn and masturbation, but this problem persists?

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Re: bathroom a trigger

Posted by crispy - 06 Sep 2023 02:35

no

Warning: Spoiler!

today is b"h my tenth day in this streak.

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Re: bathroom a trigger

Posted by crispy - 06 Sep 2023 02:40

[chancy wrote on 05 Sep 2023 17:31:](#)

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i am not familier about prostate glands, not sure exactly what it means. but what u are saying makes very much sense because this issue is worse while i'm constipated and i try hard.

not putting presure will not work for me. if anyone is familier with this think and knows how i can avoid it, pls!

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Re: bathroom a trigger

Posted by bright - 06 Sep 2023 05:05

Appreciate your honesty! If its possible to not make such an eisek out of it and just be okay with the feeling, that would seem best...

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Re: bathroom a trigger

Posted by einanilimili - 06 Sep 2023 14:59

My therapist told me that going #1 #2 mistreating and exercise are a very good relief for the body so there is something related

Btw is this something similar to

ABDL? guardyoureyes.com/forum/19-Introduce-Yourself/130246-diaper-lover?limit=15&start=60#398377

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Re: bathroom a trigger

Posted by Eerie - 06 Sep 2023 23:41

[crispy wrote on 06 Sep 2023 02:40:](#)

[chancy wrote on 05 Sep 2023 17:31:](#)

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Not exactly sure what you are asking, but if you mean to ask how you can avoid putting pressure, eating lots of fiber and/or taking a stool softener can help a bowel movement go smoother without too much pressure. Although stool softener is not a long term solution. Hatzlacha, my friend

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Re: bathroom a trigger
Posted by crispy - 07 Sep 2023 03:54

i dont think it has any connection.

this feels to me like something phisical.

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Re: bathroom a trigger
Posted by crispy - 07 Sep 2023 03:55

[bright wrote on 06 Sep 2023 05:05:](#)

Appreciate your honesty! If its possible to not make such an eisek out of it and just be okay with the feeling, that would seem best...

maybe we can close down most of the forum with this argument.

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Re: bathroom a trigger
Posted by crispy - 07 Sep 2023 03:58

[Eerie wrote on 06 Sep 2023 23:41:](#)

[crispy wrote on 06 Sep 2023 02:40:](#)

[chancy wrote on 05 Sep 2023 17:31:](#)

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Hatzlacha, my friend

thanx for your help.

i meant if somone can tell me a diffrent way to avoid 'pressing against your prostate glands'

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Re: bathroom a trigger

Posted by Markz - 07 Sep 2023 04:09

[crispy wrote on 06 Sep 2023 02:35:](#)

no

Warning: Spoiler!

today is b"h my tenth day in this streak.

Hi brother.

I see you responded to my message. Ok good.

Many of us have various triggers. A door knob can be too. Until you pass 90 days anything and everything can be a trigger.

IMHO if you want to break free in a real way, don't focus on the trigger cos it's typically not the source of the problem. Ask your therapist/ gye coach / rabbi / certified chassan rebbi how to take step 1 :-)

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Re: bathroom a trigger

Posted by chaimoigen - 07 Sep 2023 13:22

Sorry to be graphic but there's science here.

As said earlier, different positions can cause difference in how much pressure is put on the prostate while using the bathroom.

Some studies seem to show that, ideally, the squatting position is best for bowel movements, because gravity has greater effect and there's less straining, but we in the Western world use toilets, and people can't really squat on the toilet seat.

Try raising your feet up a bit by putting a stool beneath them (if you can have one on each side it is even better) and lean a bit forward so you strain less. See if the different position changes the feeling you are having.

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Re: bathroom a trigger

Posted by connected - 07 Sep 2023 15:12

[Markz wrote on 07 Sep 2023 04:09:](#)

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IMHO if you want to break free in a real way, don't focus on the trigger cos it's typically not the source of the problem. Ask your therapist/ gye coach / rabbi / certified chassan rebbi how to take step 1 :-)

And once you pass 90 days?

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