

1....2....3....GO!!!!

We're going to start with a quiz. What is the one topic, when announced in group that will instantly and simultaneously throw everyone into mass dissociation? Verbal abuse? Noooo. Sexual abuse? Nope. Cult abuse? Uh huh. Oh! Then it must be physical abuse. Right? Wrong! Surprisingly, the one topic that causes the most dramatic reaction from literally every patient that has ever been a part of the W.I.T.T. program is the seemingly simple, everyday, natural body function called ELIMINATION. Uh. Uh. Uh. Stay here. It has become extremely clear to me that although elimination is indeed a natural body function, it is anything but simple and everyday to you. The moment I begin talking about going to the bathroom, a variety of things occur. Some of you freeze, your eyes glaze over and you quietly go away. Others of you instantly send out a little kid part that begins laughing hysterically as if I've just told an off-color joke. Others of you squirm around in your chairs, flush with embarrassment and plead with your eyes not to be called on. Numbing behaviors run rampant. Tension settles over the room like a sticky blanket. And terror is so thick I could cut it with a knife. All because I announced that we were going to talk about going to the bathroom, or elimination. Some of you have learned more about this topic because I recently added a group on this subject, but because I've come to realize what a far reaching and difficult problem this is for all of you to deal with and for those of you that were here before I started the groups on elimination, it's time we talked about it.

Because we have determined that you are all geniuses because you're not dead or insane, I know that intellectually you understand what elimination is and why it is vital to your health. Myriads of diseases and disorders are caused by poor bowel function alone. Constipation, colitis, diverticulitis, polyps, indigestion, acid reflux, hemorrhoids and cancer are just a few of the problems caused by the inability to remove solid waste from the body. Urinary tract infections, kidney infections and bladder infections can all be traced to the improper elimination of toxins from the body through urination. And studies are being done right now because evidence has shown that there is a connection between poor elimination habits and a variety of menstrual problems. I'm quite sure that you are all aware of this information and have already experienced some of these maladies personally. So knowing about them has obviously not been motivating enough to get you to do something about these problems, some of which are life threatening. The question then becomes why? And every single one of you knows the answer. Abuse.

Bathroom related abuse comes in as many forms as there are personalities on this earth, so naming all of them is out of the question. There is, however, one consistent theme that winds its way through each of your issues; blame, shame and guilt. Whether you were forced to "hold it" and then beaten when you couldn't any longer; humiliated when you wet the bed and your sheets were hung on the line for all the world to see; totally deprived of privacy by being forced to leave the bathroom door open at all times; sexually molested in the bathroom itself; or publicly ridiculed and demeaned when you had an accident, it all boils down to one thing; abuse. None of this was your fault; it was all done deliberately by your abusers to break you down and control you. There is absolutely nothing dirty, wrong or demeaning about going to the bathroom. Nor is it

something to be afraid of, embarrassed about or laughed at. Elimination is a healthy, normal body function that is absolutely necessary for life. Quite simply, if you don't go to the bathroom you'll get sick. And many of the illnesses you've had up to now are directly related to your not going to the bathroom often enough.

Recognition of female bathroom problems is the first step to changing them. The abuse is not happening now, but like everything else, you're going to have to reprogram your brain to accept elimination as a positive and mandatory body function. Bathroom affirmations?? Absolutely! You are experts on coming up with affirmations designed especially for you, so I'm only going to give you two examples: 1. I eliminate for me. 2. I heal my body for me. Every family has its own nicknames for urination and bowel movements, so use the words you're familiar with and add several more affirmations relating to elimination to your list.

Your body knows how to heal itself and with self talk and visualization you'll soon be experiencing a much improved elimination function. You'll be amazed at how much better you'll feel. You'll have vitality and energy you've never had before. Your skin and hair will absolutely glow. And most importantly, you'll have taken another chunk out of your abuser's armor. This will be one more thing that they will have failed at and you will have a brand new lease on a healthier life. Go for it!! I know you can do it!! And you are so worth it!!