



# ANXIOUS ABOUT BEING AWAY FROM THE TOILET?

## WHY IT HAPPENS – AND WHAT REALLY HELPS

Toilet anxiety isn't about a fear of toilets. It's about the fear of needing a toilet and not being able to get to one in time.



### WHAT IS TOILET ANXIETY?

At The Surrey Institute of Clinical Hypnotherapy, we define toilet anxiety as the fear of needing a toilet and not being able to reach one in time.



### IT'S NOT USUALLY A FEAR OF TOILETS

The anxiety is usually about toilet access, urgency, judgement, loss of control, or feeling trapped with no easy way out.



### OFTEN WORSE AWAY FROM HOME

At home the mind feels safe. Problems tend to appear in situations with pressure, distance, uncertainty, or limited escape.

## COMMON TRIGGERS



### Meetings

Leaving may feel noticeable or embarrassing



### Car journeys

Motorways, traffic, bridges, tunnels or long stretches without services



### Trains, buses & travel

Doors closing, delays, lack of control, trapped feeling



### Eating out

Fear of urgency after eating, judgement, or needing to leave



### Being away from home

Home and your toilet become the place of safety



### Social situations

Worry about what others might think or noticing how often you go



### THE PROBLEM WITH COPING STRATEGIES

Checking toilets, planning routes, avoiding drinks or foods, sitting near exits, or going "just in case" may reduce anxiety short term – but they reinforce the belief that you are only safe if you can control access.



Check & plan



Short term relief



Mind learns: "I need this to be safe"



Anxiety keeps going

**Coping keeps the cycle alive.**

Freedom comes from changing the belief, not perfect planning.



### WHAT RECOVERY REALLY MEANS

Recovery isn't about never needing the toilet. It's about normalising uncertainty and restoring trust in yourself and your body.



Go to meetings without the toilet being the main calculation



Travel without scanning every possible stopping point



Eat out without turning the meal into a risk assessment



Sit on a train or bus without hyper-monitoring sensations



Leave the house without needing repeated reassurance

**The goal is not to cope with a smaller life. The goal is for life to become bigger again.**



### THE KEY POINT

Your body is not the problem. When the mind treats toilet access as safety, being away from the toilet can feel dangerous. The way forward is to relearn that you can be safe even when access is uncertain.

Not perfect certainty.

Not perfect control.

Just the ability to live normally again.



THE SURREY INSTITUTE OF CLINICAL HYPNOTHERAPY

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Evidence based. Solution focused. Helping you break free from toilet anxiety.

