

Download Shy Bladder Syndrome Your Step By Step Guide To Overcoming Paruresis

Continued from Paruresis Breath Hold Technique Part 1 Of 2. Step 3. Get to 40 seconds. Keep practicing every day, as many times a day as you can. At first, practice while your bladder is empty. AnxietyBC offers information about anxiety, recommended treatments, and links to additional resources for both adults and children. <https://www.anxietybc.com> ...The Treatment of Anxiety Disorders. In the previous section, we reviewed the various theories and associated therapies that are used to treat anxiety disorders.