

TELLING FRIENDS ABOUT INCONTINENCE



Telling anyone about your urinary or bowel movement incontinence may be the last thing on your mind. After all, you never know how people may perceive this issue and react to it. However, there will be times when you'd need to tell someone, especially since you're still going to school and don't have your parents morally supporting you there. Now before you start reading how you can talk to your friends about incontinence, you need to prepare yourself first. Start by practicing what you'd say; maybe talk to your parent or an older sibling - you can always bounce ideas off them. Another thing you should do is keep assuring yourself that this is no fault of yours.

Once you're done with these, follow these tips to let your friends in on your big secret.

Do Your Research

Despite suffering from teen incontinence, even you don't know everything there is. So, start learning more about this issue in case someone asks you a question. The more you know about incontinence and its types, the better you'll be able to explain it to your friends. Besides, knowing about your condition will guarantee you the confidence you need while telling your friends.

Be Confident Confidence is one of the important factors for easily telling your friends about incontinence. If it shows through your posture and speech. In addition, confidence can give respect, which is what you deserve for taking such a major step.

Be Serious but Don't Act as if it's a Big Deal In 89% of such situations, it's best if you stay serious but not act as if it's the end of the world. This will show your friends that this isn't a major ailment and that it won't change who you are or what you do. Besides, in many cases, incontinence can be reversible. So, make sure to focus on this point and mention it in your discussion.

These are the main tips you should follow to tell your friends about your bladder or bowel movement incontinence. However, keep in mind that they won't always work with everyone. You must even be ready to lose friends in the process. Yet, keep in mind that had your friendship been true, they would have overlooked such a small detail. So, be prepared for the worst and focus on valuing the friends who accept you with open arms.