

BONUS #3

THE “BATHROOM FREEDOM” CONFIDENCE CHECKLIST



A step-by-step guide to gradually doing more of the things you may have started avoiding because of bladder leakage.

RECLAIM
YOUR LIFE.
ONE STEP
AT A TIME.



THE LEAK SWITCH™
P.A.C.E.™ SYSTEM

THE “BATHROOM FREEDOM” CONFIDENCE CHECKLIST



YOUR LIFE IS BIGGER THAN YOUR BLADDER

Maybe you've stopped doing certain things.

Not because you don't want to.

Because you're worried.

Maybe it's:

- ☐ Going for long walks
- ☐ Exercising
- ☐ Attending social events
- ☐ Travelling
- ☐ Going to church or other gatherings
- ☐ Sitting through meetings
- ☐ Laughing freely
- ☐ Wearing certain clothes
- ☐ Spending longer periods away from home
- ☐ Something else: _____

The activity I miss most is:

THE CONFIDENCE SCALE

Before doing an activity, rate your confidence.

1 — I want to avoid it completely.

2 — I'm very nervous.

3 — I could probably try.

4 — I feel reasonably confident.

5 — I feel comfortable doing it.

Today's score: ____ / 5

There's no wrong answer.

The number simply tells you where you're starting.

BUILD YOUR CONFIDENCE LADDER™

Don't jump straight to the hardest version.

Break the activity into smaller steps.

MY GOAL:

STEP 1 VERY EASY

The smallest version I could try:

Confidence: ____ / 5

STEP 2 EASY

A slightly bigger version:

Confidence: ____ / 5

STEP 3 MODERATE

A manageable challenge:

Confidence: ____ / 5

STEP 4 NEARLY THERE

A version close to my goal:

Confidence: ____ / 5

STEP 5 MY GOAL

The activity I ultimately want to reclaim:

Confidence: ____ / 5

BEFORE YOU GO

Ask yourself:

Have I prepared appropriately?

☐ Yes

Do I know what I'll do if I need a bathroom?

☐ Yes

Do I have any personal supplies I want with me?

☐ Yes

Am I prepared—or am I panicking?

☐ Prepared

☐ Panicking

If you're panicking, pause.

Take a breath.

You don't have to prove anything today.

WHILE YOU'RE THERE

Try not to spend the entire activity monitoring your bladder.

Instead:

LOOK AROUND.

What can you see?

LISTEN.

What are people talking about?

PARTICIPATE.

What brought you here?

ENJOY.

Why did you want to do this?

Your bladder is one part of your body.

It doesn't have to become the main character of your day.

AFTERWARD

Ask:

What went well?

What was easier than I expected?

What was difficult?

Did anything actually happen that I feared?

What would I do differently next time?

My confidence now:

1 2 3 4 5

THE 3-OUTING CHALLENGE

Choose one activity you've been avoiding.

Complete it at a manageable level **three times**.

OUTING 1

Activity: _____

Confidence before: ____ / 5

Confidence after: ____ / 5

What I learned:

OUTING 2

Activity: _____

Confidence before: ____ / 5

Confidence after: ____ / 5

What I learned:

OUTING 3

Activity: _____

Confidence before: ____ / 5

Confidence after: ____ / 5

What I learned:

YOUR “I’M GOING ANYWAY” LIST

Write down three things you want to stop automatically saying no to.

1.

2.

3.

Now choose one.

The first thing I'm going to work toward:

My smallest next step:

YOUR NEW RULE

You don't have to promise yourself:

"I will never leak again."

Instead, try:

"I will not automatically let fear decide what I can do."

That's a more realistic goal.

You can prepare.

You can practise.

You can make adjustments.

You can ask for help.

And you can keep living.

WHEN TO PAUSE AND SEEK HELP

If an activity consistently causes significant leakage, pain, or other concerning symptoms, don't simply keep pushing through.

Consider speaking with a qualified healthcare professional for individualized guidance.

Progress should feel purposeful—not punishing.

YOUR FINAL CONFIDENCE STATEMENT

Complete this:

**"I am allowed to _____
even while I'm still working on my bladder symptoms."**

Keep this page somewhere you'll see it.

Because confidence isn't the absence of uncertainty.

Confidence is knowing that uncertainty doesn't have to stop you.