

bathroom a trigger

Posted by crispy - 05 Sep 2023 16:43

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hi all!

I want to discuss with the oilers an interesting trigger that I am facing and I hope somebody can shine some light on it.

(I hope that my words will not trigger anyone.)

As weird as it may sound, having a bowel movement is a huge trigger for me. I have no explanation for this, and don't tell me because my pants are pulled down, because when I am in the shower or changing clothes I am not triggered at all.

My experience has shown that understanding my triggers really helps, and I thought a lot about this one but I don't understand it.

If anyone with a similar experience can explain this to me I would really appreciate it.

Thanx!

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Re: bathroom a trigger

Posted by bright - 10 Sep 2023 02:50

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[strawhat7 wrote on 08 Sep 2023 02:09:](#)

Hi brothers,

Thanks for sharing this topic, which may be only perfectly appropriate on this forum. This topic actually rang a bell with me, so I will say this: I have gathered in my recent learning, that the bathroom would be related to the Asher Yatzar blessing, and is also related to healing, but then, my estimation is, what happens immediately after the bathroom experience is that the yetzer hara is conveniently wanting to forget the blessing, and just exploit the void, and start right back with selfish desires and defilements.

This is a huge on-topic hit for this forum in my opinion.

BhS may we go forth in the healing of Asher Yetzer and be healed forever from yetzer hara!

BTW myself haven't passed 3 weeks clean, but am now only 3 days clean, so not sure if my comment is even valid.

Everyones comments are valid. Unfortunately however, I think the YH has higher aspirations than the asher yatzar though.

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Re: bathroom a trigger

Posted by bright - 10 Sep 2023 02:54

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[crispy wrote on 07 Sep 2023 03:55:](#)

[bright wrote on 06 Sep 2023 05:05:](#)

Appreciate your honesty! If its possible to not make such an eisek out of it and just be okay with the feeling, that would seem best...

maybe we can close down most of the forum with this argument.

I did not mean to belittle your question c"v, as it is an important one. I meant that going around finding advice as not to cause the trigger wil prob give more weight to it and is far from foolproof, whereas working on the root of the problem will make sure that even if your triggered you **will** be able to overcome it. Bhatzlacha!

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