This is meant as a supplement to the 12 Month Program and is for people seeking Urinary Incontinence Only.
Contents

- Supplies
- How to put on a diaper
- How do I do it?
  - Trust Your Diaper
  - Master Peeing in Any Position
  - Relaxed Sphincter Tone – Reverse Kegels
- Meditation
- Expectations
Supplies

- STEP 1 Protect your Bed
- STEP 2 Protect your Body
- STEP 3 Diaper Supplies
- STEP 4 Clothing Supplies
- STEP 5 Food Supplies
Protection for your bed

Bed Pads to protect your sheets. I recommend 3 so that you always have a dry one. $15-$25 each

A waterproof mattress protector because your bed pad will fail occasionally. $15 - $120
You should shave your diaper area. This prevents odor and bacteria from clinging to the hair down there. You must use one razor for your face and one for your diaper area to avoid transfer of bacteria.

$7-12 for the razor, then replacement blades

If you prefer electric razors you can get an waterproof razor.

$70
Protection for your body

You should wipe after each change to keep your diaper area clean.

$2-4 per tub of wipes

If you have sensitive skin you should use diaper rash cream during each change as well.

$7 per tube
You will need to establish different diapers for different needs:
- Daytime diaper
- Nighttime diaper
- Stealth diaper/Workout diaper
- Boosters
- Cloth diapers
Where to learn which and how?

- **A good basic site** — *Diaperinfo.com*
- **Another basic site** with reviews and great information. *Incontinencesupport.info*

- How do I know how well a diaper performs?
  - You alone can judge that through personal tests for fit and use.
  - But Xpmedical offers a great resource in their *capacity test*. 
For each diaper you should also consider price:

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Based on this chart, Bambino Biancos are the best diaper based on cost per diaper of premium diapers to start.

Other diapers are cheaper once you master wetting

- Examples: Tranquility ATN and Wellness Briefs.
Diapers – Everyday Diaper

- Daily Diaper – Basic

- This is your out and about diaper, the diaper you practice with and may very well be the only diaper you use.
Diapers – Stealth Diaper

- Stealth Diaper—Invisible under clothes
- This is the diaper you wear to the gym or under dress slacks. They are just as absorbent as the other diapers but extremely discreet.
- You can also wear a cheap diaper to the gym
Diapers - Boosters

- Boosters—Placed inside a diaper to increase capacity for long durations between changes.

- If you have a small penis that likes to point up, you can fold one of these into thirds and place it down the front of the diaper. This creates a dam and also keeps the penis pointed down.
Diapers – Baby Diaper Stuffers

- Baby Diaper Boosters—Placed inside a diaper to increase capacity for long durations between changes and can be taken out and replaced to increase the duration of the adult diaper.

- While you cannot have an extra adult diaper in your pocket, you can certainly keep a few baby diapers. Easy to hide, easy to dispose of.

- Caution on price. If the price of your baby diaper is close to your adult diaper it is not worth it.
I recommend **Babykins** for your cloth diapers unless you want to seriously go the cloth route in which case research **AdultClothDiapers.com** and **Rearz.com**.
Diapers - Cloth Diapers

- **01 – KINS Hook and Loop Cotton Adult Cloth Diaper 10500**

- Price: from $26.00

- This diaper works great over a disposable at night for extra protection or as a cover diaper for cloth diapers during the day.
Diapers - Cloth Diapers

1. **08 – KINS Terry Pull-On Pant 100% Cotton Adult Cloth Diaper 20800**
   - Price: $16.00

2. **09 – KINS Double Layer Terry Pull-On Pant 100% Cotton Adult Diaper 20850**
   - Price: $21.00

3. **10 – KINS Flannel Pull On Adult Cloth Diaper 20900**
   - Price: $13.00

Pull up Cloth Diapers:

These work great as a protection over a disposable during daytime wear or to be combined for cloth diapering solo.
Active Brief PUL Pant
LABPULPrice: $23.95 – $28.95
At Adult Cloth Diaper
No matter what, you will want to wear plastic pants. PUL is more breathable.
You need to buy taller versions for bedtime.
Diapers – Your Supplies

- Buy by the Case. It is much, much cheaper.

- Work out how many diapers you will need (usually 4-6 per day at first) and always make sure you have 3 months of diapers on hand.

- You never know when your supplier will be out and you don’t want it to be when you are out.

- PLAN AHEAD!
Clothing - Pants

- All of your pants will need to be +1 size in the waist to accommodate the diapers.
  - Unless you like obvious “diaper butt” don’t dress like this

- Wearing dark colored pants will eliminate the obviousness of a leak.

- If you like, suspenders can make the pants still look professional
Clothing - Tops

- You will benefit from long fitting shirts, jackets, blazers, hoodies that cover your crotch.
- Some people will notice anyway and that is ok... “I am incontinent.”
  - Most however, even if you were wearing only a t-shirt, would not notice your diaper.
Clothing - FEAR

- It cannot be stressed enough that you need to be comfortable...
  - Paranoia and Fear will make it much harder to urinate.
  - This is part of trusting your diaper to not leak, to not be afraid of being caught, etc.

- Practice changing in progressively more public places.
  - Start with gas stations, then department stores, etc.
    - Make sure there is someone in there and do not be afraid of the noise of changing.
    - Observe the people’s reactions. 99/100 No one will care or look too carefully, even if you casually toss your diaper in the trashcan and wash your hands.
    - Get comfortable in your identity and in your own skin.
Clothing – Your new best friend

- The onesie will hold the diaper close to your body.
  - Prevents odor
  - Prevents sagging

- The real benefit is comfort of never having your diaper appear when your shirt rides up or you bend over.
Call it a onesie or a Body Stocking these will help tremendously! All of the major retailers have them (xpmedical, ACD, Babykins, and more).

Average cost $26-45
**WATER WATER WATER!**

- Drink a bottle every half hour at first
  - Once you have mastered peeing you will drop that to every hour (About 1 Gallon).
  - During this phase, drink something to replace the electrolytes you are flushing. Low sugar! (Gatorade G2)

- If you are disciplined enough to use glasses or a large jug, do so, but it needs to be a steady introduction of water to your body.
  - Too much, too fast can make you sick.
You can also substitute Dandelion Tea or Take Dandelion Root Capsules.

Have a glass/cup of tea in mid morning and then another in mid afternoon/evening.

Drinking ice tea is less likely to stain your teeth

One Bag Catnip Tea + One Bag Nettle Tea

Tea to help with inducing Urinary Incontinence

In addition to relaxing, the tea also helps relax the bladder muscle, making it harder to hold back urine.
Foods You want
- Berries (raspberry, strawberry) – MORNING SNACK
  - Sexual Health
- Cranberry juice LUNCH BEVERAGE
  - Healthy Kidneys, bladder and urinary tract
- Watermelon BEDTIME SNACK
  - Diuretic, water in solid form
- Honey FOR YOUR TEA
  - Immune system
- Almonds AFTERNOON SNACK
  - Healthy skin, good for your sexual health, and a natural appetite suppressant
- Other healthy dietary choices
  - Taken from 12 month Guide

What to avoid
- Salt
  - Salt makes your body retain water
- Aspartame (Diet drinks)
  - Makes you hungry
  - Damages the brain
  - Taken from 12 month Guide
Bedtime Practice in the Beginning

- I was also taking now foods Water Out before bed along with 20-30 oz of water. If you do that, make sure you've got your night time protection figured out, because that's a lot of fluid... Lol
- I like Water Out at night because it doesn't contain caffeine.
- -MDL

Alternative to the Tea

- During the day, if you want to skip the tea but still want some herbal help keeping things going, you can also try XPel, which seems to work pretty well too.
- If you're happy with the tea, though, I'd go that route. I found it more effective with the addition of the stinging nettle tea. I basically used one tea bag of dandelion and one of stinging nettle to make a concentrated cup of tea. Then I'd pour that over a glass of ice and drink it cold. Tea is less staining cold, and I prefer the flavor that way too.
- -MDL
How to diaper

Abri-Form

1. Fold the brief lengthways with back-sheet turned outwards. Do not touch the inside of the brief.

2. Pass the folded brief from front to back.
3. Pull out the brief horizontally at front. Shape it to create "pants with legs".

4. Pull out the back of brief horizontally. Make sure it fits snuggly into the groin area, backsheet turned outwards.

5. Fix bottom tapes on both sides. It may be helpful to angle the tapes slightly upwards to improve the fit around the legs.

6. Form a pleat in the band of the brief.
7. Fix top tapes angled downwards over the pleat.

8. Make sure the edges of the brief ease into the groin area, backsheet turned away from the skin.
Proper Diapering - On Flooding Your Diaper

- Do be sure to fold the waistband over and tuck it into the front of the diaper. That'll help create a dam at the front. As long as you're flooding, though, I think you'll need more than that. You could also try what I do at night: get a rectangular booster, like a Bambino quadro, fold it in thirds, and put it just under the waistband. Then it doesn't add bulk between your legs, but adds a LOT of absorbance right where you're pointing...

- MDL
The most important key is to feel and remember. You have to develop muscle memory.

This takes time and there will be a lot of embarrassing moments.

This is a 3 Step Program that has all three step working together, but they must be done in order to advance.

Read the 12 Month Guide!
This is taken from the guide and gives you images.
The Legs of the Program

- **First – Trust Your Diaper**
- **Second – Master Peeing in Any Position**
- **Third – Relax (Reverse Kegels)**
  - While you will be doing all three simultaneously, unless you master them in order, you really cannot advance and will have to backtrack.
Trust Your Diaper
The Very First Step is to trust the diaper no matter what.

- Figure out YOUR best diaper, it might not be the same as everyone else.

- Figure out the best way to diaper yourself.

- Account for leaks.

- Use stuffers or doublers.
You are going to leak...

- Every diaper, no matter how perfectly put on has the potential to leak, and leak catastrophically.

- **YOU CANNOT BE AFRAID OF THIS!!!**
  - If you stop peeing when you leak you will never, ever ever ever ever ever ever ever ever ever ever ever ever ever ever accomplish your goal.
1. Adjust your diapering Technique.

2. Add Cloth to catch leaks and possibly change your Plastic Pants Size.

3. Add Boosters
   - Be aware of where the boosters go and if it interferes with the Standing Leg Guards.
   - Placing a folded into thirds booster down the front of your diaper can also help force position your penis down (the preferred direction).

4. Every leak should give you insight on how to improve.
Naturally, at first you will flood.
- Through training and practice your output will diminish.
  - Peeing every 30-60 minutes will help this over the course of your training.
  - **Still, Leak if you are going to Leak!!!**

- As you are flooding, you might try to slow the flow, thinking, “Hey, I am still urinating, so this is progress.”
  - **Wrong!**

  - You are exercising control of the sphincter. This is just as bad as stopping the flow!
  - Do not control the force of the stream. If it is flooding, it is flooding. Deal with the consequences. When you are IC you do not have the option of controlling how much or how fast. You set yourself back when you do this.
Master Peeing in Any Position
Good Practices - Reminders

- You will need a reminding system.
- I recommend Chime to remind you to:
  - Pee every 30 Minutes.
  - Drink Water every 30 Minutes.
  - Change your diaper at set intervals.

Chime
By Blacktree
Open iTunes to buy and download apps.

Description
While waxing nostalgic about my old digital watch, I remembered how much I loved having the passage of time marked by an hourly chime. But then I thought, why should all the chimes be the same? For your pleasure, a simple app that provides unique chimes on the hour, half hour, or quarter hour.

Blacktree Website ➔ Chime Support ➔

What's New in Version 1.0.3
Fixes for iOS 5

View More By This Developer
Before one can move into practicing relaxed state one must master peeing.

- Take a few days and practice each position to the point of being able to do it on the first cue from your bladder.

- Standing still will be the first one mastered obviously, but to truly move to the next level of training one must master all of the positions.
Good Practices - Goals

- How do you sleep? (How you wake up can be an indication)
  - Master peeing in that position!
Good Practices - Goals

- Sitting Down
  - Master peeing in that position!

- Walking
  - Master peeing in that position!

- Running/Jogging
  - Master peeing in that position!
Good Practices - Goals

- The Hard one... Driving
- Sometimes you need to relieve pressure from your bottom to get things moving.
Reverse Kegels: Relaxed Sphincter Practice
Reverse Kegels: What can I control?

Cannot Control

Can Control
The external sphincter muscle of urethra (or sphincter urethrae membranaceae) surrounds the whole length of the membranous portion of the urethra, and is enclosed in the fasciae of the urogenital diaphragm.

Its external fibers arise from the junction of the inferior rami of the pubis and ischium to the extent of 1.25 to 2 cm., and from the neighboring fasciae.

They arch across the front of the urethra and bulbourethral glands, pass around the urethra, and behind it unite with the muscle of the opposite side, by means of a tendinous raphé.

Its innermost fibers form a continuous circular investment for the membranous urethra.
When you urinate you will feel what amounts to a small click as this sphincter releases
To complete urination you must relax the sphincter down here to actually pee. This is the spot that you need to feel.

You also feel the urethra itself.
As you finish peeing, you usually feel the penis stop and hold, a tightening in this area. DO NOT ALLOW THIS!
Relaxed position is trying to keep this sphincter open continuously. This takes concentration at first.
Pelvic region. Imagine your stomach, bladder, and everything is falling down. Your bladder pushing down, but not pushing your penis.

If done right you should feel like you need to pee. Anything in the bladder should come out from this combined relaxed state.
Relaxing 3 of 3: Focus Zones

You need to concentrate on these two spots simultaneously.
The Reverse Kegel

A tip to help with feeling the drop in the pelvic region is to picture a full glass of water in your bladder. With your mind, picture tipping the glass.
Good Practices - Reminders

- Visual Reminders
  - Water
  - Diapers
  - Stop Signs
  - Anything to which you want to attach meaning

- Practice relaxing
  - At a stoplight while walking or driving
  - In an elevator
  - Reading a book
  - Watching a movie
  - WHENEVER THE THOUGHT HITS YOU!
Practice Going in Any Position

"On the "go in any position" thing, I mean do your "practicing" early on. Blake did. I did not. I figured if I just learned to "stay relaxed" everything else would follow. It didn't. It was frustrating having to back-pedal several months in and learn to pee while driving."

- MDL

Positions While Learning to Pee

Having to square your hips while standing is probably fine. That's something you can learn to do subconsciously. On the other hand, if you also have to block out other thought and imagine yourself standing at a urinal in order to get the flow started, you need to keep practicing. Driving is a challenge. Like the "square your hips" technique, there are posture tricks driving that help. I don't know if they're universal or not, but for me seating position makes a big difference. I had to play with my seat to get rid of pressure points. I also learned that keeping my right knee out, or even pressed against the center console helps... You may be totally different. The point is to learn what works early on, so that you can relegate it auto-pilot later.

- MDL
Relaxing or Practice Peeing to Start? Answer 1
- I’d say keep actively practicing voiding in various positions for a while yet before moving on mentally. You want to get to the point where you can do it fairly easily, even if your bladder isn’t completely full. That doesn’t mean being able to go with an empty/near empty bladder, but if you have any sense of fullness at all, you should be able to go and not wait until you feel like you’re bursting.
- MDL

Relaxing or Practice Peeing to Start? Question
- I am trying to do as you say to go more in any position, but which is more important? peeing every thirty minutes (or trying to) or trying to relax enough to let go in whatever position I happen to be in? The reason I ask is that if I am moving around or doing an activity the body won’t release it yet easily. If the position is more important, what should I do? Especially if I only have a few hours to work on it a day (that is spending time only dedicated to this such as when I get home from work)?
- Spargano

Relaxing or Practice Peeing to Start? Answer 2
- It's more important to go every thirty minutes than to be able to relax right now. This is my personal opinion. Others will tell you not to force it under any circumstances. I say the opposite. Do what you have to to go... for now. But pay attention. Notice what positions cause you the most trouble. When you get that couple hours of free time, load up on fluids and "practice" in those positions. Several months in, you’ll need to transition away from forcing it and towards relaxation. The practice now, though, will make that a lot easier.
- MDL
Relaxation vs. Practice - Question

- The reason I talk to much about relaxing is that it is the hardest part of it. Once mastered you have done the hardest thing, and can sit back and enjoy the rest of the trip.
- If not mastered, you'll not be able to leave the starting area, and every void will be voluntarily. Meaning your diaper will just be your new toilet, not a necessity.
- *Incontito*

Relaxation vs. Practice - Answer

- I think it has to start that your diaper is the new toilet and then you move on to the relaxing. This is 100% mental. Even if I have practiced holding my sphincter open, if there is doubt of any sort it will remain closed at the moment, hence the practice of peering in different positions to the point of pee on cue. That, to me, is the hardest part. The relaxed state might already be there, in my case I am sure of it given my urges.

Perhaps it is important to make sure people know there are two pieces to the puzzle, and both are necessary to truly train. And as with all things, it can be different for each person which is harder.

Let me put it this way. In my case, (this is what I believe), just relaxed is not enough. Relaxed will allow a full bladder or half full bladder to pass through fairly easily, but that doesn’t mean the sphincter is really open. That is why the subconscious can close it tighter even when you are actively trying to keep it loose. Only through practicing every position to mastery will the subconscious trust and act. Then the two pieces come together down the line and you will get the surprise/reflex wetting.
- *Spargano*
**Reverse Kegels / Pelvic Floor Drops**

- Your ability to consciously relax your pelvic floor muscles is a critical part of your recovery program. You must learn to relax these muscles before they can become functional again and pain-free. Relaxing your pelvic floor, or reverse kegels is also called **downtraining the muscles**. The feeling of dropping your pelvic floor is similar to the moment of relief when you have reached the bathroom; when you urinate or have a bowel movement, you first drop your pelvic floor, and let the pelvic floor muscles (PFM) go. Pay attention to this, and see if you can feel that happening. The key to dropping your pelvic floor is **visualization**, and **Deep Breathing**. The best way to consciously release tension from the PFM’s is to try to release the muscles while you inhale. When you inhale properly with **diaphragmatic breathing**, your diaphragm actually lowers to make room for the breath, so it is natural to also lower and relax the pelvic floor muscles at the same time. When you exhale, your diaphragm rises to push the air out, and you then naturally raise or contract your PFM’s on the breath out. If you can get this **Pelvic Floor Rhythm**, reverse kegels will be much easier to do.

- In order to do a reverse kegel, start by gently contracting your pelvic floor to feel what tightening the muscles feels like. Now relax, and let that tension go. Feel the difference between tension and relaxation. Try to go one step further now, and visualize that the muscles between the pubic bone and tailbone lengthen by gently moving your pubic bone towards the ceiling (if you are lying on your back), and gently move your tailbone towards the surface you are lying on. **Imagine** that the pelvic floor muscles are getting longer as this happens creating more space in your pelvic floor. Do this at the same time that you take a deep breath in. Don’t tilt your pelvis as you do this. Keep your spine still and let the movement occur in your pelvic floor. Be patient. This takes some time to feel the letting go or lengthening of these muscles. This can be practiced in sitting and standing as well.

- It is helpful to take a mirror to look at your contraction and relaxation. When you perform a pelvic floor contraction (Kegel) a woman’s clitoris should move slightly downward, her anus should wink, and the perineal body (area between the vagina and anus) should move up and in. For men, the same should happen, except the penis and testicles should lift slightly. On the reverse Kegel, you should see the anus release and your perineal body move downwards towards the mirror. It should also feel like you are creating more space between the pubic bone and tailbone. Don’t **make** it happen, **visualize** and let it happen!

- Eventually, once you have mastered the art of relaxing your pelvic floor muscles, you will need to check in with your pelvic floor throughout the day, and let go of any tension that you discover.

- [http://www.pelvichealthsolutions.ca](http://www.pelvichealthsolutions.ca)
Meditation
The start of the journey will require meditation.

- You must first urinate and hold the relaxed state as you finish. Fully think of the state and think of the feeling. Concentrate. Concentrate. Concentrate!

- Once you can achieve this state of mind instantly and hold it for longer than 10 minutes you can move to the next step.
Meditation - Part 2

- Introduce the relaxed state when you are able to think of it throughout the day.
  - Try to maintain the relaxed state during activities.
Once you have mastered the state of relaxation then begin to ignore your bladder.

- Whatever you are doing is more important. Hopefully your training will allow your body to release automatically.

- This is the point of refinement where the journey begins to take meaning. Everything prior must be mastered though.
Personal Expectations
Expectations – Set personal Goals

- What do I do first?
  - Practice by going to the bathroom every 30 minutes to start.
  - Hydration is key to peeing and first we have to master that.

- Patience
  - Everyone is different.
    - Some people might take months to get to the point of Ignorance.
    - Others might take years.
  - Don’t lose heart!
    - You are not alone.
Expectations - Tracking

- You will want to download some apps to track your progress.
- There are two beneficial apps as of the writing of this guide (1-14-14).
  - Both are pay apps but worth the investment
  - iDry - $4.99
    - Track the number of changes per day.
    - Helpful to gauge supplies and trends.
  - In the Pad Type, if you click on the + you can create custom pads.
    - To the right you can see the appropriate oz for each.

- Custom Pads:
  - Abena X-Plus 75 oz
  - Abena X-Plus with Booster 100 oz
  - Bambino Bellisimo 100 oz
  - Tena Slip Maxi 75 oz
  - Bambino Bianco/Teddy/Classic 75 oz
The Second App is UroBladderDiary $1.99
- This app tracks your wettings and liquid intake.
The Benefit from tracking your intake and wettings with the UroBladderDiary is accurately seeing how often you are able to pee each day and how you are hydrating

This is also of benefit for your doctor/urologist

- When you are at home or work, unless it is a sudden accident legitimately, mark toilet.
  - Remember you aren’t using your diapers all the time and are trying to reach the toilet when you can... *wink**wink*.

- When out or in the car, you can mark accidents because the idea of your urge incontinence is that you have to be near a toilet to make it.

Further into your training you can switch the toilet and accident recordings to Surprise Wettings vs. Voluntary Wettings
Yes. This is not “normal” and you need to be sure this is what you want.

The support of a therapist can help you through whether you truly need this or want this.

Weighing all of the pros and cons prior to the journey is important and will allow you to talk more easily with your doctor and family.
When do I tell my doctor?

- Typically you can do this whenever you want.

- Most people wait until they have developed OAB, that is using the bathroom (diaper) more than 8-12 times per day and knowing that diapered or not you will urinate this much.

- Be confident in yourself. Know your facts about OAB and be prepared to talk about why surgery, drugs, catheters won’t work for yourself.

- You must never say you always use the diaper (unless you have nerve damage this is impossible) Your goal is urge incontinence (also called OAB).

- Be Vague, and only answer regarding symptoms. You do not want to hurt yourself in the long run.
When do I tell my significant other?

- Only you can decide this.
- Honesty is the best way.
- If there is love, you will find a way to make it work, or put these desires away.
  - Unless this is more important than your relationship.
- Granted, this is easier when single.
When do I tell my Family?

- Only you can decide this.
- Why do they need to know?
  - If it will help you as a check and balance, find a way.
  - If it does nothing to benefit the relationship then you might not need to tell them.
  - Really, like most incontinent folks, only your spouse and doctor HAVE to know. Everyone else may discover or be told eventually but you have to own it and make sure it is on your terms.
Overcoming Fears – Problem of Leaks when seated - Question

- I do not have a problem peeing when my bladder is full in any position, but I have not been able, short of concentrating while standing to pee when my bladder isn't completely full, if that makes sense. What did you do to mitigate the leaks when sitting? The reason I ask is that my bladder seems to be on the larger size in regard to volume. My general rule of thumb when wetting sitting down is a bunch of what if's.
  - if the diaper is fresh
  - if my penis is somehow (it never is....) pointed down into the middle of the diaper
  - if my diaper is pouchy to allow room to accumulate

- then maybe, maybe I won't have a catastrophic leak up the sides or top.

- Therefore when I was getting the urge I would quickly reach in to push my penis down, which in an already wet diaper is hard to do. I feel like that is counter to simply allowing it to happen, that mentally I am holding. I started doing the bottom tapes last so as to make the more billowy front and do not wear tight compression shorts unless absolutely necessary, but still I sometimes leak up the top.

- Even if I don't leak the first wetting. I work at a desk most of the day, unless I am serving in Church, I am generally seated. Because of my large bladder I use better diapers (xplus, abena slips, bambino bellisiomos), but good diaper or not, they cannot take flooding from a seated position but maybe once.

- Any thoughts on what to do better in that position would be great because if I am afraid of a leak, I am mentally blocking myself.

- Spargano

Overcoming Fears – Problem of Leaks when seated - Answer

- Leaks while seated are definitely a much bigger problem than while standing, at least for me. It improves markedly as your bladder capacity drops and you start going in smaller amounts, but it can still be a problem.

- MDL
Advice on Doctors
- For the docs: I think I'd say you've been having symptoms for a while, but they're starting to be a problem. When you're talking about diaper use, be vague. Don't give percentages, or times a day, just say you do try and get to the bathroom when you can, but lately you don't always make it. If he pointedly asks a question that requires a quantifiable answer, stop and think about it and just say it depends on the situation. In reality, it does depend. If you were stuck in a car on the freeway you wouldn't be able to use a bathroom at all. If you're in an office 5 ft from a bathroom, you could get there 99% of the time...
  - MDL

Stressing About Telling People
- I think you're going through the same kinds of feelings I did very early on. I very much hope you'll find what I did: that you're worrying yourself over nothing. Once you get over the hurdle of telling people, everything gets easier.
  - MDL

Becoming diaper dependent
- Traveling the Path into Diaper Dependency Part 1 – Part 2
- A nice Blog on the topic
Thank you

- This is a 1st Draft of this Guide. Please let me know what you think.
  - Special thanks to
    - the Author of the 12 Month Program
      - Mahleedl – MDL
        - [DD] Thread- Joining the Incontinent
      - BlakeJordan
        - [DD] Thread- What to Expect
      - Inconito
        - [DD] Thread- My Progress towards Incontinence
  - Your friend, Spargano –
    - [DD] Thread- Another Person Traveling Towards Incontinence