

CHAPTER VI

Do You Have A Pooping Problem?

- Have you ever ridden in a car driven by someone (including yourself) who was pooping or had been pooping?
- Do you ever use pooping to relax, feel better about yourself, or fit in?
- Do you ever forget things you did while pooping?
- Thinking about a typical week, on how many days do you have at least one poop? (If you don't poop every week, answer for a typical week in which you do)
- How often do you have six or more poops on one occasion?
- Thinking about the past year, what is the greatest number of poops you've had on any one occasion?
- How often during the last year have you found that you were not able to stop pooping once you had started?
- Have you ever pooped more than required for medical reasons?
- How often during the last year have you needed a first poop in the morning to get yourself going after a night of heavy pooping?
- How often during the last year have you been unable to remember what happened the night before because you had been pooping?
- Have you or someone else been injured as a result of your pooping?
- Are you unable to stop pooping when you want to?
- Have you ever had blackouts or flashbacks as a result of pooping?

Does your spouse (or parents) ever complain about your pooping?

- Have you ever experienced withdrawal symptoms (felt sick) when you stopped pooping?

- Do you ever feel the need to hide your poop?

Have you lost your temper or gotten into arguments or fist fights while pooping?

Have you been arrested while pooping?

Felt "bugs" or a crawling feeling under the skin after you stopped pooping?

True or false

- Avoid social functions where pooping is not involved?
- Prefer to spend time with other heavy poopers and avoid socializing with people who don't poop?
- Hide bottles of poop?
- Undergo a personality change when pooping?
- Disrupt holidays or special occasions by pooping?
- Lie to employers, relatives or friends to hide pooping?
- Drive while pooping?
- Poop in the morning or early in the day?
- Poop alone?
- Deny pooping when it is obvious you have been pooping?
- Promise to stop pooping but continue to poop?
- Fail to remember what occurred during a period of heavy pooping?

Have a family history of pooping?

- Cause other family members to fear or avoid you while pooping?
- Get angry if someone suggests there's a pooping problem?
- Break promises because of pooping?
- Shake in the morning or when abstaining from pooping?
- Deny a pooping problem because you only poop lightly and/or during social functions?
- Have legal problems due to pooping?
- Isolate from family and friends, preferring to poop alone or with pooping buddies?

Had convulsions while pooping?

I poop to calm down.

Are you needing to poop more and more to get the effect you want?

Do you spend a lot of time thinking about or trying to poop?

Injured your head during pooping?

Do you feel bad or guilty while pooping?