

When *Phantom* Rectum Hits.

(What's happening)

IF YOU'RE READING THIS, YOUR BODY IS ASKING YOU TO DO SOMETHING IT NO LONGER PHYSICALLY CAN. THAT IS FRIGHTENING. AND IT IS REAL. THIS PAGE IS HERE TO HELP YOU THROUGH THE MOMENT. NOT TO FIX IT, NOT TO RUSH IT, JUST TO SUPPORT YOU UNTIL IT PASSES.

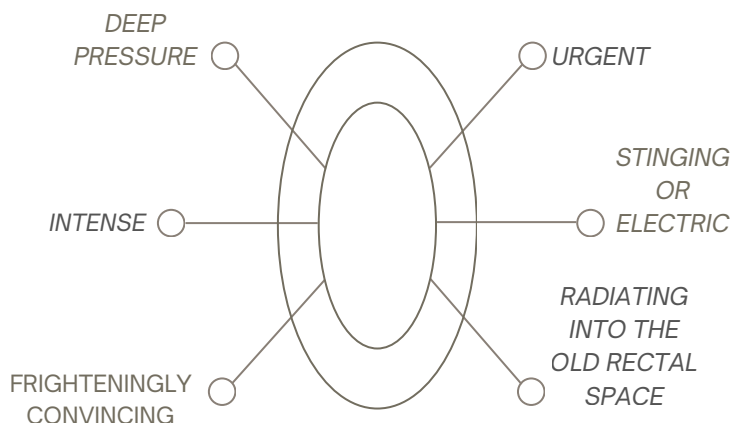
You do not have a rectum. But your nervous system still remembers the pattern. When anxiety, pressure, or strong emotion hits, the body can default to an old response: Empty the bowels now. For most people, that leads to release. For you, it leads to:

Pressure - Contraction - Sharp, electric pain - The false but convincing urge to pass faeces

Nothing is tearing. Nothing is opening. Nothing is wrong structurally.

(This is phantom rectum - a nerve and muscle response)

WHAT THE PAIN MAY FEEL LIKE - THESE SENSATIONS CAN BE INTENSE — BUT THEY ARE TEMPORARY.



What helps in the moment

Let your belly be soft - don't brace.

Breathe slowly and gently

Use warmth over the lower abdomen or pelvis

Stay as still as you can

(You don't need to fight this.)

What I've found works best is allowing the pressure to do what it's trying to do - letting my body follow through the pattern it's reaching for. Yes, it's painful, but when I allow the sensation of needing to pass faeces to play out, the pain passes more quickly. **Fighting it makes everything worse.**

Going with it, gently and without panic, helps it settle.