

Confidence After Catheters (Mini-Course + Workbook)

A 3-module mini-course to rebuild confidence after early recovery changes

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Short lessons. Real-life confidence. Simple actions.

Important Note

This mini-course is for educational purposes only and is not medical advice. Always follow your clinician's guidance for catheter care, leakage management, and recovery timelines. If you have pain, fever, urinary retention, heavy bleeding, or worsening symptoms, seek medical care.

How to Use This Mini-Course

- This is a 3-module course. Complete one module per day (or per week).
- Each module includes: a short lesson + a simple worksheet + one action step.
- Keep it private and low-pressure. The goal is progress, not perfection.

Course Map (3 Modules)

Module	Theme	Goal	One Action Step
1	Normalize the change	Reduce shame and panic	Name your 3 biggest worries
2	Plan for real life	Build confidence in public/outings	Create your 'go bag' + triggers list
3	Confidence as a skill	Rebuild identity and self-trust	Choose one brave action this week

Module 1 — Normalize the Change

Many men are shocked by how emotional recovery feels. Leakage, awkward moments, and uncertainty can hit hard. None of this means you're failing. It means you're healing. Confidence returns in layers—one small win at a time.

Worksheet: Name the Worries (2 minutes)

My #1 worry right now: _____

My #2 worry right now: _____

My #3 worry right now: _____

Reframe (Fill In)

A kinder, truer thought I can practice is: _____

One tiny win I've already had is: _____

Action Step

Tell yourself this once today: "Recovery isn't linear. I'm allowed to heal out loud or in silence."

Module 2 — Plan for Real Life

Confidence often breaks down in public—cars, restaurants, meetings, long walks. Planning removes fear. You don't need a perfect body to live your life. You need a plan.

Worksheet: Triggers & Solutions

Trigger (when leaks/urgency happen)	My plan	What I'll say to myself

Your 'Go Bag' Checklist (Optional)

- ☐ Spare underwear
- ☐ Absorbent pads/guards (if used)
- ☐ Travel wipes
- ☐ Small plastic bag
- ☐ Backup pants/shorts (if needed)
- ☐ Water bottle (as advised)

Action Step

Do one short outing this week (5–20 minutes) with your plan in place. Track how it went.

Module 3 — Confidence Is a Skill

Confidence isn't a feeling you wait for. It's a behavior you practice. The goal is not 'never feel embarrassed.' The goal is 'keep living even when you feel it.'

Worksheet: My Comeback Skills

One area I can control this week: _____

One area I can't fully control yet (and that's okay): _____

One person I can lean on: _____

One habit that helps me feel steady: _____

Pick Your 'Brave Action' (Choose One)

- ☐ Take a longer walk than last week (even 2 more minutes).
- ☐ Go to one public place you've been avoiding.
- ☐ Talk to your partner about one fear (short and calm).
- ☐ Ask your clinician a question you've been holding back.
- ☐ Start tracking your wins for 7 days.

Action Step

Write your brave action here: _____

Date I'll do it: _____

Quick Reference: What to Do When Confidence Drops

- Pause. 3 slow exhales (longer exhale).
- Name it: "I'm feeling _____. That's normal."
- Use the plan: bathroom route, breaks, go bag.
- Reset: "I'm healing. I can still live my life."

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