

Good Psychology

Learning The Secrets Of Our True Selves

(NAPSA)—For Dr. Will Miller, renowned psychotherapist and expert in bathroom behavior and the psychology (or, “loo-ology”) behind it, taking a peek behind a closed bathroom door can be like taking a peek into the psyche.



Dr. Will Miller

“The way an individual behaves and interacts in the bathroom is very revealing,” says Miller. “These ‘clues from the loo’ say a lot about a person’s life outside of the bathroom.”

Dr. Miller has partnered with Charmin MegaRoll to identify some of the most common personality profiles that tie back to bathroom behavior:

- **King of the Throne:** This gentleman takes his time in the bathroom, often prolonging the experience by incorporating reading materials or crossword puzzles. His family members know that his time in the bathroom is valuable to him, and that he must remain undisturbed.

Loo-ologist’s Psychological Analysis: This guy’s life is spent juggling a career and family, and the bathroom is his favorite place to sit back, relax and escape. He uses this time as a coping mechanism to help him deal with the many demands on his life.

- **Bathroom Bumbler:** This character sometimes keeps his

head in the clouds so long that he forgets to help maintain the order of the bathroom, leaving tasks like replacing soap in the shower to changing an empty roll of toilet paper to others.

Loo-ologist’s Psychological Analysis: The bumbler is usually someone who has had the benefit of others caring for him throughout his life. To help him gradually change his ways, he should stock up on products that reduce the frequency of bathroom maintenance, like Charmin MegaRoll—it has four times the number of sheets as a regular roll of Charmin, so he’ll have to worry about the task of changing the roll less often. Both he and those who share his bathroom will be thankful.

- **Bathroom Businessman:** This busy guy wastes no time as far as the bathroom is concerned, preferring to go in, do his business and leave. Often a neat freak, the cleanliness of his bathroom is without equal.

Loo-ologist’s Psychological Analysis: This approach to the bathroom, treating it as if it is almost an intrusion upon his daily routine, signifies a need to identify and deal with stress in his life. If the businessman can learn to slow down in the bathroom, and learn to savor the privacy he is afforded there, he’ll be well on his way to slowing down and making similar adjustments in other parts of his life.

For more information, go to www.charmin.com.