

Behavior Therapy

Introduction and Week 1

This 5 week Behavior Therapy Program was designed by a Therapist that also suffers from Trichotillomania.

If you would like to talk to others that have tried this Therapy join BrendaC's website at [BrendaC's Message Board](#)

Hello everyone.

I have to condense this as much as I can. What I have here is a therapy manual that I have written previously and I am trying to get the key points here for you to consider. All I ask is that you consider the information that I give you. Then you can accept it or reject it - it is up to you. But if you want to try the program, then the activities part is not negotiable. If any are left out, then you risk your success with it. It is the activities that people reject that often turn out to be the most beneficial to them even if they don't think a particular one applies to them or won't help them. Nothing you will be asked to do is difficult or humiliating or anything - just time. You have probably done many of the things before but maybe not in a set way. First you will be given a condensed version of the philosophy of the program and a description of the techniques that are used. This is followed by a set of activities that are to be completed during the week which will enable you to learn all about your "habit"- not about trich in general but about how it manifests in you. To be able to do this you need to give yourself permission to pull for a few weeks. But we have to be careful here. By allowing yourself permission to pull, what I mean is, don't try to alter your behavior from how it is now for four weeks (except for how I tell you to). For some people permission to pull without any control can have devastating consequences and this won't be helpful. But if you try to change your behavior (by controlling your pulling) too much at the beginning of the program then you will not learn as much about your usual behavior as you could and then you might miss addressing a particular trigger. The program is usually conducted as therapy sessions where the week's activities are reviewed and discussed with the therapist at the end of each week, but we'll see how this goes.

Most trichsters who have read something about trichotillomania will have read that there is no cure for it. While this might discourage some trichsters, it doesn't really mean much at all. The idea of a cure for trich is absurd anyway if you believe as I do that trich is a learned behavior. I believe that particular sets of circumstances (different sets for different trichsters) caused them to learn to regulate their stress/relaxation by pulling hair. The act of pulling and the release of tension (although not everyone is necessarily conscious of the tension release) that often accompanies the pulling reinforced (rewarded) the behavior. Behavior that is rewarded is repeated. This is the basic principle of learning theory - which is what behavior therapy is based upon. Hair pulling is a learned, but inappropriate, form of self soothing or stress management. It is absurd to think that learned behaviors might be cured. The success of particular drugs in the treatment of trich is more likely to be found in people who suffer from depression or anxiety. If the depression or anxiety is treated then a trigger for trich is eliminated in these people and the condition improves. But that is treating a trigger- not the trich itself.

Any behavior that can be learned however, can be unlearned! You can teach an old dog new tricks by applying the principles of learning theory (behavior therapy) to more appropriate forms of stress management.

Behaviour therapies are based (in this case) on the theory that the development, maintenance and cessation of hair pulling involve learned behaviors. The aims of behavior therapy are to change the antecedents (the things that precede it) to hair pulling (including cognitions ie., thoughts), to reinforce non-pulling and to teach skills to avoid pulling in high risk situations.

Specific Behavior Therapy Techniques

1. *Skills training and relapse prevention.*

This involves the development of problem solving strategies, coping skills and assertiveness in the person ready to stop pulling. Likely relapse situations are explored and the ways that these can be cope with are explored. For example, the repatterning of behavior in certain pulling trigger situations may be helpful. Cognitive restructuring (challenging maladaptive thoughts) is an other technique that is useful in the prevention of relapse (more about these when we get to activities). A common misconception of trichsters is to view a slip as a catastrophe and allow it to develop into a full-blown spree. Cognitive restructuring is also a useful technique to use when the aim is to strengthen the trichster's beliefs in his/her ability to stop pulling.

2. *Stimulus Control*

This involves the trichster in self - monitoring to determine his or her personal triggers for pulling. It also involves removing stimuli associated with pulling when the trichster stops in order to reduce the urge to pull. Stimulus control is a useful multicomponent of behavior therapy programs.

3. *Social Support*

Social support involves the use of buddy systems, increasing cohesion in group therapy and encouraging spouses or friends (if they know about the person's trich) to reinforce (reward non-pulling). Lack of social support sometimes undermines attempts to stop pulling.

4. *Relaxation*

The teaching of relaxation may help trichsters to manage relapse situations associated with stress and anxiety.

Other psychosocial interventions such as self-help materials, educationa and supportive groups may be incorporated into the treatment program. Whilst the efficacy of these interventions alone (without behavior therapy) has not been demonstrated, clinicians suggest that group support is important for some people and may be beneficial if included in a treatment program.

WHAT TO DO THIS WEEK (you must do them all)

YOU NEED TO BUY A NOTEBOOK FOR ACTIVITIES

1. Set a date exactly 4 weeks from the day you start the program to stop pulling permanently. Write the date in your notebook. Make the time you stop midnight on the date you set.
2. Plan something very special for that day for yourself to celebrate (don't include alcohol because it weakens your resolve). This doesn't have to cost money. Just plan something very special for yourself. Don't choose a known trigger!!! For example; you might love reading but if reading is a trigger for you then you will be making stopping more difficult for yourself at the beginning. Don't plan anything stressful or go to a wild party. Have an easy day.
3. Begin making a list of all the reasons why you should stop pulling your hair. These can be the obvious ones but also include any reason (even ones that might seem unimportant). Brainstorm. The more reasons the better. Keep adding to the list and READ THE LIST EVERY DAY.
4. In another section of your book make a list of goals. These do not have to be related to hair pulling. Just a list of your personal goals. Read these everyday as well.

5. Keep an accurate record of every time you pull in your notebook. Enter the time and the length of the spree
6. Keep an accurate record of the hours that your three main meals are eaten, hours of retiring at night and hours of awakening in the morning. Do this each day. Looking for patterns here.
7. Delay pulling for the first 30 minutes whilst watching TV and reading books, internet material etc (any kind of reading). Once the first 30minutes is up you can please yourself (for now) - but make sure you enter any pulling sprees in you book.
9. End each day with a positive affirmation. (don't leave this out).

That is all you have to do for week one. Simple isn't it!! Just follow the instructions and believe in yourself that you will stop pulling for good at the fourth week because we will be working to bread trigger situations over that time. Activities will be added to each week and the program will unfold. I will need feedback from you as time goes by. Usually I would check people's notebooks to see how many reasons for stopping and goals are entered and check sprees etc to tailor the program to the individual. And to make sure they are doing their homework. Changing behavior takes effort. It won't just happen if people don't follow all instructions

I hope this helps you all. Best wishes to you.
Carry

Behavior Therapy

Week 2

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I thought I'd better add here that even people who are not pulling, and have not pulled for some time, can also do the program. Those people enter the times of the day that they have urges to pull or carry out behaviors that often lead them to pulling such as hair twirling, stroking eyebrows, checking out eyelashes in the mirror etc.

Some of you would have started the program a week ago tomorrow or the next day, others may have only just started. You must complete a whole week on the first week before beginning the second week's activities. So print off this week's activities but wait till you have completed a week on the first week's activities before you start.

If you have completed your first week's activities you should have planned a special day for the date you have set to finally QUIT PULLING! Write your plan in your notebook.

You should also have started a list of reasons why you should quit pulling and a list of your goals. There is method in writing out these things. They focus you on the positives of quitting instead of keeping you locked into the negatives of having trich. They also subconsciously increase your desire to stop pulling. You must read these everyday whether or not you think that it's silly. I ask you to suspend any disbelief that any of the activities will work for you. Not because I want you to believe whatever you are told, but because such thinking when you are completing a program designed to change behavior is counter productive.

REMEMBER THIS: The difference between success and failure has more to do with your attitude and persistence than it has to do with your ability! Most people who have achieved something in life that they have wanted to achieve will attest to that . If you think you will fail then it is almost certain that you will. But if you think you can succeed and you desire success enough, then you will persist until you do. You can choose to adopt a negative attitude to the stopping process or a positive attitude. Don't look for excuses to stay locked into your dysfunctional pattern of living.

One of the main things that will sabotage your attempts to stop pulling is self-pity! It isn't so much just stress by itself but the self-pity surrounding stressful events that will get you pulling. For example, it's not the actual pressure at work that will make you pull. It's the feeling sorry for yourself. It's not that too many demands will make you pull, it's feeling sorry for yourself because you have them. Learn to recognise all the things in your life that cause you to feel sorry for yourself and be ready for the self-pity.

Self-pity is a negative attitude and we have already established that the difference between success and failure is attitude. Keep your attitude positive and recognise it if you are allowing self-pity to get in the way of your success.

Review your recording of pulling sprees from last week. What happened before these sprees? Was there a stressful event? Think about whether it was the event that made you pull or whether it was your feelings about the event!! How long after a meal was it? Was it in bed? Where were you? What were you thinking? Were you bored?

Can you change the way you think or feel about the stressful events in your life?

REMEMBER THIS: It is not an event or a person that will make you happy sad or angry. It is

how you choose to respond to the event. Different people respond differently to exactly the same events or people. How do you choose to respond???

Add up the number of minutes (or hours if it's more appropriate for you) that you spent pulling last week. Enter the number of hours in your notebook at the end of that week's pulling entries.

ACTIVITIES FOR WEEK TWO

1. Continue to record all of your pulling sprees for the week. Record the time of the day and the length of the spree (if it's only one hair you pull, still record it). Also record urges to pull or pre pulling type of behavior such as stroking hair. Record the time of the urge/behavior.
2. Record what preceded the pulling (or urge etc), where you were when you pulled, what your feelings were surrounding the pulling incident what you did to control it (if anything. And what you did AFTERWARDS.
3. Change the place where you keep your hair grooming aids (eg brushes,combs, tweezers, shampoos, conditioners, hairclips etc). They don't have to be far from the place you normally keep them but this is to break any automatic patterns of behavior related to hair grooming and pulling. Getting rid of any rituals here - even seemingly harmless ones. You will now have to become more conscious about what you are doing when you do anything with your hair. No more pulling without thinking or doing anything with your hair, eyelashes etc without thinking especially if you have to think about where you put your tweezers etc. This assists in breaking automatic pulling. It is inconvenient but so is trich!!!
4. Stop using pretty hair accessories to hide bald patches. Use plain (very plain) ones. You must not associate pulling with anything nice (even unconsciously) so get rid of anything glamorous and only use the basic things you need to face the world.
5. Delay pulling for one hour after each time you eat. (Try this distraction if you get an urge during times you're not allowed to pull: Make a fist with both hands. Tense the muscles of upper and lower arms by squeezing the fist. Hold for 30 seconds Release then repeat three times. Now take 3 deep breaths. Breath in through your nose and out through your mouth. Try to force the air to bypass the lungs and enter the diaphragm (this is below the lungs between the rib cage at the bottom to the ribs). This is easier if you try to keep your shoulders down when you are breathing deeply.
6. Delay pulling for one hour upon waking in the morning (use the distraction above if need be) and for one hour before going to bed. If you pull in the hour you must sit up for another hour.
7. Increase your water intake. This assists in flushing out toxins.
8. Record the number of caffeine drinks (including cola etc) and alcohol drinks taken in the week and the hour of the day that they are taken.
9. Continue adding to your list of reasons for stopping pulling and read this list daily.
10. End the day with a positive affirmation.

Behavior Therapy

Week 3

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Hi everyone,

We tend to be creatures of habit. We do everything in the same old dull and boring way every day. Sometimes doing things the same way makes sense. We go to work the same way every day because it's the quickest way or the safest way or has the least traffic etc. We sit in the same chair because it is the most comfortable for us for whatever reason. After a while we are just doing these things automatically. Have you ever thought of how your trich might be related to doing all these things in the same way every day? Think for a moment about the smoker. You might even be one. The smoker drives to work the same way every day and habitually lights a cigarette at the same set of traffic lights every single day without thinking about it. Your favourite chair might assist in being a trigger for pulling while you watch TV. It might not be just the act of watching TV. A whole set of circumstances might set the pulling behavior in motion and not just a stressful event preceding the pulling or the act of relaxing

WE NEED TO TRICK THE TRICH!!!!!!!

We need to change the pattern of our behavior. Any things that you can think of that you do every day in a particular way must be changed for several weeks. If you get up, have breakfast, feed the dog then have a shower in the morning try feeding the dog, having a shower and then having breakfast. If you sit in the same old chair all the time, then change the chair you sit in. Do these things even if they are not directly related to your pulling. Change the way you go to work . REPATTERN your life. The more things you change the better. This will be one of your activities for this week.

Have a look at your caffeine intake for the week. Did you notice any patterns between your caffeine intake and you pulling. Caffeine and alcohol are physical stimulants and mental depressants. They are stressors and are therefore a bad response to stress. Because they are stressors and pulling is often associated with stress they are possibly triggers for some people. They can also create fatigue which is a known common trigger for trich.

We all have a fight or flight mechanism which gives us strength in the face of danger. Not long after drinking caffeine, it enters the bloodstream and the body reacts to fight it off. The heartrate increases, blood vessels constrict and the blood pressure rises. This is interpreted as a 'lift'. The body then seeks a state of equilibrium in order to get back the energy lost when fighting the caffeine. It goes into a state of physical depression. This is interpreted as fatigue. Fatigue can trigger pulling. So try reducing your caffeine and alcohol intake and see if it helps.

An important point to remember is DON'T ALLOW YOURSELF BECOME TOO TIRED OR HUNGRY OR YOU WILL EXPERIENCE FATIGUE.

I have a breathing and relaxation script here. It is good to use as a distraction in your delay times (hours when I've asked you not to pull). Familiarize yourself with the script (read it through a couple of times) then you might like to try tape recording your reading of it. Read it in a slow relaxing voice (or get someone else to read it for you) onto the tape. You can use this tape to help yourself relax whenever you like or when you are stressed as a distraction from pulling during delay times or when you are fatigued. If you do it often, you can help yourself learn to relax as a better response to some triggers. It depends what the trigger is of course. Exercise is

a good way to release tension. Exercise is sometimes good for stress because of the tension it releases. Relaxation exercises are good for the fatigue that is sometimes related to stress. You will need to decode your urges and work out what it is you are actually feeling and try to replace your pulling response with some more appropriate response

Deep Breathing and Relaxation Script

1. Sit comfortably and quietly in the chair. Close your eyes.
2. Scan your body for tension. Become aware of how your body feels.
3. Place one hand on your stomach and one hand on your chest. Breathe in - slowly and deeply through your nose, feel your stomach fill, pushing your hand.
Breathe out - feel your stomach empty. Your hand on your chest moves only a little and in tune with your stomach. (REPEAT TWICE).
4. When you feel at ease with your breathing, smile to yourself, and slowly breathe in through your nose and out through your mouth, making a quiet, relaxing sound like the wind, as you blow gently out. Your mouth, tongue and jaw are now becoming relaxed. Still taking long, slow, deep breaths, feeling your stomach rise and lower. Focus on the sound and feeling of breathing, as you become more and more relaxed.
5. As you continue to take long, slow, deep breaths-
Become aware of any sensations in your scalp and face, and on your outward breath let go and relax - softening your face and scalp.
Still breathing slowly and deeply - move on to your: neck, shoulders, arms, hands, chest, back, abdomen, buttocks, legs, feet (SAY THIS WITH 5 SECOND GAPS).
6. Now take 5 slow cleansing breaths, letting go of tension throughout your whole body.
7. Feel - your stomach moving up and down, the air moving in and out, a growing sense of relaxation from your breathing.
8. While you continue to breathe slowly -
Imagine a safe place. It may be real or imagined.
Enjoy how you feel in this place - relaxed, calm, peaceful, warm (SAY THIS WITH 5 SECOND GAPS).
9. Now take 5 energizing slow breaths. Slowly becoming aware of surrounding sounds. When you feel ready, slowly open your eyes. Take your time. Sit quietly for a few moments.

Review your notebook from last week. Are you learning something about your pulling behavior and about yourself ? Did you watch out for self-pity? Are you beginning to choose to respond differently to stressors?

Add up the amount of time you spent pulling (or resisting urges etc) last week. DON'T COUNT HAIRS!! You shouldn't be focussing on these. These are the objects of our obsession.

ACTIVITIES FOR WEEK THREE

1. Continue to record all pulling sprees, urges, pre-pulling behavior or one off hairs (as for last week).
2. Record what preceded the pulling (or urge etc), where you were, what your feeling were surrounding the pulling incident (this will help you find something more appropriate to replace the pulling response with), what you did to control it and what you did afterward.
3. Use your imagination when distracting yourself from pulling during delay times. Don't always use the same method of distraction that you have always used unless you find it very effective.

You are not just trying to get through urges but you are trying to work out what caused the urge so that you can come up with a satisfying response that will replace pulling. You don't want to spend your life fighting urges!!

4. Continue delaying pulling for one hour after eating, upon waking and before going to bed. Delay pulling for one hour after starting to watch TV or after beginning to read (any material - as for week one)

5. Delay pulling for one hour after drinking caffeine drinks and alcohol.

6. No pulling whilst talking on the telephone or whilst emailing anyone or posting messages.

7. Repattern your life. Refer to message 30 on this thread for instructions. This is very important. All rituals must go!!

8. Declare your bedroom and your bathroom(s) no pulling zones. No more pulling in these rooms.

9. Do not stand closer than 1 and a half feet (50cm) to a mirror even when applying make-up.

10. Continue recording caffeine and alcohol drinks in notebook (as for week 2).

11. Change the hand you pull with. No more pulling with your usual hand. Also change the fingers you pull with. If you usually pull with your thumb and index finger change to something like thumb and ring finger of the opposite hand. This is inconvenient but so is trich. You will probably end up poking yourself in the eye so be careful, but this really does help break the habit.

12. After pulling, put it in a throw away bag and don't look at it. Tell yourself that you are not interested in what you got. Then do the distraction listed last week at point 5.

13. Eat three good meals everyday and healthy snacks in between. Don't allow fatigue if you can help it and don't allow yourself to become overly full. That "full" feeling is a trigger for some.

14. Continue adding to your list of reasons for not pulling anymore and READ THESE EVERY DAY. Also read your goals every day.

15. Still no pretty hair accessories etc. and still keep your hair things in a different place from usual.

16. Add 5 minutes of exercise to what you already do (doesn't have to be strenuous - walking is fine). Check with your doctor first if you don't exercise at all.

16. Try to get a good night's sleep every night - especially while you are working through this if you can.

Lots to do this week. Hope you are all going well. If you slip or forget to do something it doesn't mean it won't work now. You just keep going on and tell yourself you'll try to do better. If you happen to pull hair in a delay period it doesn't mean you will not be successful. This is a learning program. You are learning and you will get there. Just keep going !!

Behavior Therapy

Week 4

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Hi everyone,

You are a very special and important person. You have been unwell but you are also on the road to recovery!! You can remain pull free. Many people before you have done so and you can too. Sometimes it seems like that can never happen because the majority of the people with trich that we seem to have any contact with are still having a lot of trouble controlling the monster and some don't believe that they can be cured. What an unfortunate way to think!! We don't hear much from people who have won the battle. They are out there living their lives and not having to focus so much of their time to thinking about trich. That is wonderful for them but it is also a shame that we miss the opportunity to talk to them for they are the people that give us hope and the will to battle on and succeed. True, a cure for trich will not be found in a miracle drug. The cure for trich can only be found within yourself. INTROSPECTION is the key to recovery. Look within yourself and examine how your responses to past and present events shape your thoughts, your feelings and your behaviors. Don't blame the events for how you are now. Sure, we have suffered things that we shouldn't have to have suffered but we are now adults and we have choices. We can use past events as an excuse to continue in the way we always have or we can choose to take responsibility for how we act now. By continuing as you have, you allow yourself to remain a victim. Also, don't use the "no cure for trich" type of thinking as an excuse to stay hooked. That is just a cop out. Changing conditioned behavior takes time and effort and introspection. Waiting for a drug to come along that will "cure" learned behavior is absurd!! The cure is within yourself.

Learn to send yourself positive messages by using positive self-talk. If you continue to tell yourself over and over again that you can't do something then you will eventually trick the brain into believing it. It works the other way too. If you tell yourself often enough that you CAN do something even if you really think you can't, then you will eventually trick the brain into believing that you can. What is even better is that it becomes a self-fulfilling prophecy and you actually do it!

When we win our own individual battles with trich we should continue to post on this board. This would give hope to others who are suffering and believing that they can never be cured. Reading the stories of others will also stop us from becoming complacent. We should never forget what it was like to be fighting trich or we risk falling prey to the monster again.

ACTIVITIES FOR WEEK FOUR

1. Record in your notebook every time you pull. Record the time of the day and also WRITE A GOOD REASON FOR WHY YOU ARE PULLING!!! This must be a good reason. "Because I'm bored" is not a good reason for pulling. There are better, less destructive ways to cure boredom. Likewise, "Because I'm angry, or hungry or stressed etc" are not a good reasons. You must write a good reason for pulling alongside every pulling incident. What do you do after you pull? How do you feel after you pull? Does this assist in reinforcing your pulling behavior? Does your behavior just prove to yourself what you always thought about yourself? Wouldn't you rather be proved wrong about yourself? Are you afraid of being in control of all aspects of your life? What are the implications of being totally in control? These are just possibilities. INTROSPECTION is the key to a cure.

2. Record all urges to pull and what you think caused the urge. Also record what you did to control the urge. How effective was it in controlling the urge. Is there anything else that you could have done??
 3. Still delay pulling for one hour after all food and beverages, before retiring and after waking. Practice using a variety of distractions. (don't forget the relaxation and breathing exercises offered to you in previous weeks).
 4. Avoid situations that are a trigger for you as much as possible. If you can't avoid them then recognize beforehand that you are entering a likely trigger situation and work out how you will handle it if an urge happens. Often, by working out beforehand how you will handle future trigger situations, you diffuse the urge before it happens. If the urge still happens it is usually much more controllable.
 5. Remember to continue pulling with the opposite hand and different fingers.
 6. Remember not to get close to a mirror - even when applying make-up and your bedroom and bathrooms will remain non-pull ones.
- No more pulling in the car.
8. No more pulling while doing any other activity at all. (eg, no pulling while reading, watching TV, talking on the phone, driving in the car or being a passenger, washing, ironing etc etc) You can only pull while doing nothing else and outside of your delay times. Remember, you must find a good reason for the pulling and enter it in your notebook. You must think hard about why you are pulling and nothing else must distract you.
 9. Eat sensibly, get plenty of sleep, add another 5 minutes of exercise to your daily routine and drink plenty of water.
 10. Keep reading and adding to your reasons for quitting pulling and plan your rewards.
 11. Reward yourself everyday now for helping yourself towards recovery. Small rewards are fine (eg, have a relaxing bubble bath, pick yourself a flower etc) Do something for yourself everyday. Pamper yourself. Nurture yourself towards recovery. You deserve it. Maybe try something you have never tried.
 12. Practice positive self-talk. You are a special person, you can quit pulling and you will quit pulling. Slips are not relapses but they do remind you that you must keep focused on your goal.

The activities you resist the most may be the ones that you need to work the hardest on.

Best wishes to you all,
Carry

Behavior Therapy

Week 5

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Hi everyone,

WHAT THE MIND CAN BELIEVE, THE MIND CAN ACHIEVE. Believe that you can stop pulling, have a burning desire to do so, and you will!! I can't stress that strongly enough.

Those of you who have stuck with the program will be approaching the date that you set yourself to be pull free. When that time comes declare yourself pull free before you go to bed along with another positive affirmation. When the morning comes, trust in yourself. You can remain pull free. You have been preparing yourself to do just that in the weeks leading up to now. You have increased your desire to be free and you will be free. You have learnt what to do to overcome urges and you are strong enough to carry those things out.

I'm sure that you had much difficulty coming up with a good reason for pulling for your notebooks last week!!

WEEK FIVE ACTIVITIES

1. If the thought of pulling comes into your head think about the reason. It might be due to tiredness, anger, self-pity, hunger, a problem, a headache, having over eaten etc. Treat the urge intelligently!! Usually the source of the thought of pulling is treatable. Try the breathing and relaxation exercise, changing circumstances (go for a walk), have a fruit juice, have a bath, wash your hair, do some exercise, call someone on the phone (if it's not a trigger) post a message etc etc.

REMEMBER THIS: IF YOU HAVE A PROBLEM AND DECIDE TO PULL, THEN YOU WILL HAVE TWO PROBLEMS. THE ORIGINAL PROBLEM WILL STILL BE THERE AND YOU WILL BE MINUS SOME HAIR !!!!!!!

2. If the thought of pulling comes into your head try imagining that the thought is on a piece of thread or twine. As soon as the thought enters your head, pull the thought out of your head through your ear to where it can do no harm. Don't allow thoughts of pulling to hang around in your head long enough to tantalize you. You can only hold one thought in your head at a time. Make it a positive one.

3. Don't believe anyone who tells you you cannot quit pulling. They might not want you to succeed where they have failed.

4. Anticipate future triggers. By this I mean think about all the things that could possibly happen in the future that would be high risk situations for you. Work out a plan of how you would handle resisting pulling in these circumstances (ie you lose your job, someone dies, car accident, burglarly etc). If you work this out you can diffuse the urge before it happens or you can ensure that it is controllable.

5. Continue with all the activities from previous weeks.

6. Keep a diary of your journey. Enter your feelings about the process and your successes etc.

7. Keep listing reasons for quitting (these are now reasons I'm glad I quit!).

8. Read you diary and notebook frequently. Never forget what it was like to be a trichster trying to quit.

9. Listen to other trichsters. Feel there pain and pity them for they are still enslaved and you are free!! (I know they don't want your pity!! You are doing this for you not them!).

My very best wishes to you all and a happy pull free future.
Love, Carry

<http://www.trichotillomaniahelp.com/2/wk1.html>