

Blocking or Speed Bump Strategies

- Throw out all pulling and picking implements
- Cut your fingernails very short
- Apply acrylic nail tips
- Switch grooming activities to times when you are less tired and stressed
- Trim eyebrows with a scissor
- Let a professional perform grooming activities
- Wear eyeglasses
- Get electrolysis or laser treatments to remove stray hairs
- Avoid postures associated with problem behaviors
- Get rid of magnifying mirrors
- Wear dark or tinted lenses when in the bathroom or around mirrors
- Refrain from wearing eyeglasses or contacts when performing grooming activities and when around mirrors
- Wear a hat in the bathroom or around high-risk areas
- Use a compact mirror when putting on makeup
- Have your hair dyed
- Wear white cotton dermatological gloves in bed or when in other high risk areas
- Wear driving gloves in the car
- Wear a hairnet to bed
- Don't linger in bed after awakening
- Wear a hat or bandana
- Put band-aids or tape over your fingertips, or on scabs
- Avoid wearing shorts or short-sleeved shirts
- Use hair spray, mousse, or gel to change hair texture
- Wear clothing that covers target areas
- Wet your hair, or apply conditioner
- Braid your hair
- Pull your hair into a ponytail
- Apply mascara extra heavily when at home
- Wear false eyelashes
- Avoid body positions that lead to pulling
- Keep hair and scalp clean
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