A pause for your hands

A small plan for the moment you notice yourself touching or picking a spot.

Notice without blaming yourself. Put down the tool or step away from the mirror. Give your hands another job.

My hands can do this instead:

I will keep that alternative here:

If I need support, I can contact:

ONE OPTIONAL NOTE - NOT CONSTANT CHECKING

Where was I, and what was I doing?

One thing I could make easier next time:

Ask for professional help if you cannot stop, damage your skin, feel distressed or find picking affects daily life. Do not squeeze a spot to prepare it for a patch.

A planning aid, not treatment. Keep private. Stop tracking if it increases preoccupation.

Based on NHS skin-picking guidance; AAD advice on deep pimples.
www.nhs.uk/mental-health/conditions/skin-picking-disorder/
www.aad.org/public/diseases/acne/diy/treat-deep-painful-pimple