

how to stop pulling your hair out

How to Stop Pulling Your Hair Out: Understanding and Managing Trichotillomania

how to stop pulling your hair out is a question many people struggling with hair-pulling behaviors ask themselves daily. Whether the urge strikes during moments of stress, boredom, or anxiety, this compulsive habit—clinically known as trichotillomania—can deeply affect one’s self-esteem and overall well-being. If you or someone you know is dealing with this challenge, it’s important to understand that overcoming hair-pulling is possible with patience, the right strategies, and sometimes professional support. Let’s explore effective ways to manage this behavior and regain control.

Understanding Why Hair Pulling Happens

Before diving into how to stop pulling your hair out, it’s helpful to understand what drives this behavior. Trichotillomania is classified as a body-focused repetitive behavior (BFRB), where individuals feel an uncontrollable urge to pull out their hair, often from the scalp, eyebrows, or eyelashes. This compulsion can be triggered by emotional states such as anxiety, stress, or even boredom.

The Emotional and Psychological Triggers

For many, hair-pulling serves as a coping mechanism—an attempt to soothe uncomfortable feelings or distract from negative thoughts. It might provide temporary relief or satisfaction, reinforcing the habit over time. Recognizing these emotional triggers is a crucial step in learning how to stop pulling your hair out because it allows for targeted coping strategies.

Physical Sensations and Habit Loops

Sometimes, the urge arises from sensory needs—people might pull hair to feel a certain texture or to relieve tension in a specific area. This sensory component makes the habit particularly challenging to break, as it becomes ingrained through repetitive behavior and physical sensation, creating a habit loop that’s tough to interrupt.

Effective Strategies to Stop Pulling Your Hair Out

Once you understand the underlying causes and triggers, you can explore practical steps to manage and eventually reduce hair-pulling behaviors.

Awareness and Self-Monitoring

The first step in overcoming any habit is awareness. Keeping a journal or log of when and where you pull your hair can help you identify patterns. Ask yourself:

- What emotions or situations preceded the hair-pulling?
- Are there specific times of day when it happens more?
- What parts of your body do you tend to focus on?

This self-monitoring allows you to catch the behavior early and intervene before the urge becomes overwhelming.

Developing Alternative Behaviors

Replacing hair-pulling with less harmful activities can reduce the urge. For example, when you feel the impulse:

- Use a stress ball or fidget toy to keep your hands busy.
- Practice deep breathing or mindfulness techniques to calm anxiety.
- Wear gloves or bandages on your fingers to create a physical barrier.

These alternatives can distract your mind and hands, breaking the automatic nature of the habit.

Cognitive Behavioral Therapy (CBT) and Habit Reversal Training (HRT)

Professional therapy is one of the most effective ways to address trichotillomania. Cognitive Behavioral Therapy helps by changing the thought patterns that lead to hair-pulling, while Habit Reversal Training teaches you to recognize the urge and substitute it with a competing response that's less damaging.

Both methods empower individuals to regain control over their actions by building awareness and practical skills. If your hair-pulling is severe or persistent, consulting a mental health professional experienced in BFRBs can make a significant difference.

Creating a Supportive Environment

Your surroundings can either facilitate or hinder your progress in stopping hair-pulling. Making intentional changes can support your journey.

Modify Your Environment

Adjust your daily environment to reduce triggers:

- Keep your hands occupied with hobbies like knitting, drawing, or playing an instrument.
- Reduce stressors in your home or workspace by decluttering and creating calming spaces.
- Use mirrors or visual reminders to increase awareness of your behavior.

These subtle shifts can lower the chances of unconscious hair-pulling.

Seek Social Support

Talking openly about your struggles with trusted friends or family members can be relieving. Sometimes, simply knowing that someone understands your challenges reduces feelings of isolation or shame.

Support groups—either in-person or online—are also valuable. Connecting with others facing similar challenges can provide encouragement, practical tips, and a sense of community.

Taking Care of Your Hair and Scalp

While working on stopping the behavior, it's important to care for your hair and scalp to promote healing and prevent further damage.

Gentle Hair Care Routines

Use mild shampoos and conditioners designed for sensitive scalps. Avoid harsh treatments or heat styling that can weaken hair. Regularly moisturizing the scalp can reduce irritation, which might otherwise trigger the urge to pull.

Protective Hairstyles

Consider hairstyles that make it harder to pull hair, such as braids, buns, or headbands. This physical barrier can serve as a reminder and reduce access to hair strands.

Mindfulness and Stress Reduction Techniques

Since stress and anxiety often fuel hair-pulling, incorporating mindfulness and relaxation into your routine can be transformative.

Practice Meditation and Breathing Exercises

Mindfulness meditation encourages awareness of the present moment, helping you notice urges without acting on them. Simple breathing exercises can calm your nervous system, reducing the intensity of the urge to pull.

Engage in Regular Physical Activity

Exercise releases endorphins, natural mood boosters that can decrease anxiety and stress. Even gentle activities like yoga or walking can help regulate emotions that trigger hair-pulling.

When to Seek Professional Help

If your hair-pulling is causing significant distress, hair loss, or social difficulties, it's important to reach out for professional support. Therapists specializing in obsessive-compulsive and related disorders can offer tailored treatments, including behavioral therapies and, in some cases, medication.

Sometimes, trichotillomania coexists with other mental health conditions such as anxiety or depression, and addressing these underlying issues can improve overall outcomes.

Stopping hair-pulling is a journey that involves understanding your unique triggers, applying practical strategies, and often seeking support. By cultivating awareness, replacing harmful habits with healthier ones, and nurturing both your mental and physical well-being, it's entirely possible to reduce or even stop pulling your hair out. Remember, progress may take time, but with persistence and compassion toward yourself, positive change is within reach.

Frequently Asked Questions

What are common reasons people pull their hair out?

Hair pulling, or trichotillomania, is often linked to stress, anxiety, or underlying mental health conditions. It can also be a coping mechanism for dealing with uncomfortable emotions.

How can I become more aware of my hair-pulling habits?

Keeping a journal to track when and where you pull your hair can increase awareness. Mindfulness techniques and self-monitoring can help identify triggers and patterns.

What are some effective behavioral techniques to stop hair pulling?

Habit reversal training (HRT) is effective; it involves recognizing the urge and substituting hair pulling with a less harmful action, like squeezing a stress ball or clenching fists.

Can stress reduction help prevent hair pulling?

Yes, reducing stress through activities like exercise, meditation, deep breathing, or yoga can decrease the urge to pull hair by calming the nervous system.

Should I seek professional help for hair pulling?

If hair pulling is frequent, causes distress, or leads to noticeable hair loss, consulting a mental health professional is recommended for diagnosis and treatment options.

Are there medications that can help stop hair pulling?

Some medications, such as selective serotonin reuptake inhibitors (SSRIs) or N-acetylcysteine, may reduce symptoms, but they should only be used under medical supervision.

How can keeping my hands busy reduce hair-pulling urges?

Engaging your hands with activities like knitting, drawing, or using stress balls can reduce the opportunity and urge to pull hair by providing a physical alternative.

Is it helpful to create a hair-pulling awareness plan?

Yes, a plan including identifying triggers, setting goals, practicing alternative behaviors, and seeking support can empower you to manage and reduce hair pulling.

Can lifestyle changes impact hair pulling behavior?

Improving sleep, maintaining a healthy diet, staying hydrated, and avoiding caffeine or other stimulants can help regulate mood and reduce hair pulling urges.

Additional Resources

How to Stop Pulling Your Hair Out: Understanding and Managing Trichotillomania

how to stop pulling your hair out is a question that resonates deeply with individuals struggling with trichotillomania, a compulsive hair-pulling disorder classified under body-focused repetitive behaviors (BFRBs). This condition is often misunderstood and stigmatized, making it difficult for sufferers to seek help or find effective strategies to manage their symptoms. Addressing this behavior requires a comprehensive understanding of its psychological underpinnings, triggers, and treatment options. This article explores the complexities of hair-pulling, sheds light on evidence-based interventions, and offers practical advice for those seeking to regain control.

Understanding Trichotillomania: The Root Causes of Hair-Pulling

Trichotillomania affects approximately 1-2% of the population, with onset typically occurring during adolescence. Characterized by recurrent, irresistible urges to pull out hair from the scalp, eyebrows, eyelashes, or other parts of the body, it often leads to noticeable hair loss, distress, and impairment in daily functioning. Unlike habitual or cosmetic hair manipulation, trichotillomania is compulsive and difficult to resist, sometimes accompanied by feelings of tension before pulling and relief or gratification afterward.

The etiology of trichotillomania is multifaceted, involving genetic predispositions, neurobiological factors, and psychological stressors. Research indicates abnormalities in brain regions regulating impulse control and emotional regulation, suggesting overlap with obsessive-compulsive spectrum disorders. Environmental stressors, anxiety, boredom, and traumatic experiences can act as triggers, exacerbating the urge to pull.

Identifying Triggers and Patterns

Successfully managing hair-pulling begins with recognizing the specific triggers and patterns associated with the behavior. Many individuals notice pulling intensifies during periods of heightened stress, fatigue, or inactivity. For example, moments of solitude or passive activities like watching television may increase the likelihood of pulling due to reduced external stimulation. Emotional states such as anxiety, frustration, or sadness can also precipitate episodes.

Keeping a detailed journal or using smartphone applications designed for tracking BFRBs

can help pinpoint contextual factors. Understanding these patterns enables targeted interventions, reducing the frequency and intensity of hair-pulling urges.

Evidence-Based Approaches to Stop Pulling Hair Out

Addressing trichotillomania effectively requires a combination of behavioral, psychological, and sometimes pharmacological strategies. While no single treatment guarantees success, several modalities have demonstrated efficacy in clinical studies.

Behavioral Therapies: Habit Reversal Training

Habit Reversal Training (HRT) is widely regarded as the first-line behavioral therapy for trichotillomania. It involves increasing awareness of hair-pulling behaviors and substituting them with alternative, less harmful actions. HRT typically consists of several components:

- **Awareness training:** Learning to recognize situations and sensations preceding hair-pulling.
- **Competing response training:** Engaging in a physically incompatible action, such as clenching fists or squeezing a stress ball, whenever the urge arises.
- **Social support:** Encouragement and assistance from therapists, family, or support groups to reinforce progress.

Numerous randomized controlled trials have confirmed that HRT reduces hair-pulling frequency and improves quality of life, particularly when combined with cognitive-behavioral therapy (CBT) techniques.

Cognitive-Behavioral Therapy and Mindfulness

CBT targets the underlying thoughts and emotions that fuel hair-pulling urges. By challenging maladaptive beliefs and promoting healthier coping mechanisms, CBT helps individuals manage stress and reduce the compulsive drive. Mindfulness-based interventions complement CBT by enhancing present-moment awareness and reducing automatic responses to triggers.

Studies suggest that integrating mindfulness meditation into treatment regimens can decrease symptom severity by fostering non-judgmental acceptance of urges, thereby diminishing their power.

Pharmacological Interventions

While behavioral therapies remain the cornerstone of treatment, certain medications may benefit individuals with severe or treatment-resistant trichotillomania. Selective serotonin reuptake inhibitors (SSRIs), atypical antipsychotics, and N-acetylcysteine (an amino acid supplement) have shown varying degrees of effectiveness.

However, pharmacotherapy should be approached cautiously and personalized according to clinical evaluation, as side effects and efficacy differ widely among patients.

Practical Strategies to Manage Hair-Pulling in Daily Life

Beyond formal treatment, incorporating practical techniques into daily routines can significantly aid in controlling hair-pulling impulses.

Environmental Modifications

Altering one's environment to reduce opportunities for pulling is an effective preventive measure. Some useful adjustments include:

- Wearing gloves or bandages over fingertips during high-risk periods.
- Using fidget toys or stress balls to occupy the hands.
- Maintaining hairstyles that make hair less accessible, such as braids or hats.
- Keeping hair short to minimize tugging temptation.

Stress Management and Relaxation Techniques

Since emotional distress often triggers hair-pulling, incorporating stress reduction practices is crucial. Techniques such as deep breathing exercises, progressive muscle relaxation, yoga, and regular physical activity can mitigate anxiety levels and improve emotional resilience.

Building a Support Network

Isolation can exacerbate feelings of shame and hinder recovery. Joining support groups,

either in-person or online, provides a sense of community and shared understanding. Peer support can motivate individuals to persist with treatment and share coping strategies.

Challenges and Considerations in Overcoming Hair-Pulling

Despite advances in understanding and treatment, trichotillomania remains a challenging disorder to manage. Relapse is common, and progress may be gradual. The covert nature of hair-pulling often leads to underreporting and delayed diagnosis. Additionally, societal stigma can contribute to feelings of guilt and hinder help-seeking behavior.

Clinicians emphasize the importance of patience, individualized care plans, and integrating multiple therapeutic approaches. Family education and involvement also play a vital role in creating a supportive environment conducive to healing.

Learning how to stop pulling your hair out is not simply about halting a physical action; it involves addressing complex psychological and neurological dimensions. Through a combination of behavioral therapy, mindfulness, environmental changes, and emotional support, individuals can make meaningful strides toward recovery and improved well-being. Continued research and increased awareness remain essential to developing more effective interventions and reducing the burden of this often invisible condition.

[How To Stop Pulling Your Hair Out](#)

how to stop pulling your hair out: Trichotillomania Treatment Sharon Bonheur, 2014-10-03 If you want to learn how to defeat trichotillomania to stop pulling your hair out, then this book is for you! Trichotillomania literally means an uncontrolled urge to pull one's own hair from any part of the body - head, eyebrows, eye lashes, etc. This psychological condition belongs to a broader class of mental ailments known as Body Focused Repetitive Behaviors. This broad class comprises ailments such as hair pulling, nail biting, skin picking, and cheek biting. Some people may find such conditions bizarre and may think that only very few abnormal minds suffer from it, but this is not so. Between 2%-5% of the total population suffer from one of these Body Focused Repetitive Behaviors. That's actually quite a lot of people! The implications and complications of this condition can only truly be completely felt and understood by those who suffer from it, or those who watch their loved ones suffer. If you are prone to trichotillomania, you know the fear of being alone, the shame of feeling like you must be crazy, and the guilt of hiding something from your loved ones. This short book will help you learn about Trichotillomania and how to recover from this distressing condition.

how to stop pulling your hair out: How to Stop Pulling Out Your Hair! Amy Foxwell, 2012-11-14 Written by an 'ex hair puller', and after many years of research into why people pull their hair out and how Trichotillomania can be cured, this is a collection of powerful help based on real success stories in curing Trichotillomania. These tools are immediately useable, and effective, and can be put to work immediately to help sufferers stop pulling their hair and eyelashes out, including:- Simple ways to identify when and why you pull- How to use a form of 'auto-brainwashing' to stop pulling our hair- How to use autohypnosis to alter your actions- Using a journal to relieve stress and frustration- Using secret weapons against your hair pulling condition- Diet and natural remedies to

relieve irritation and encourage hair growth- Important facts about Trichotillomania and hair growth- And much, much more...Also includes the Trich Stop Workbook which gives hair pulling sufferers actual worksheets to help them work through this hair pulling condition.NOTE: For a complete system, see also 'How to Stop Pulling Out Your Hair and accompanying Hair Regrowth Oil (Trich Stop).

how to stop pulling your hair out: *Dr. Weaver's Black Hair Loss Guide: How to Stop Thinning Hair and Avoid Permanent Baldness* Dr. Seymour Weaver, 2015-03-03 Our hair is a reflection of our personality and style. While hair loss may not be a threat to our health, it can have devastating effects on self-image and well-being -- and it can be permanent if we don't take steps to treat it. Dr. Weaver's Black Hair Loss Guide introduces you to Seymour M. Weaver's Expert Care to Save Your Hair program, focusing particularly on conditions that are common among African Americans. You'll learn: how thinning hair can be an early sign of permanent baldness why a dermatologist is the best medical specialist to evaluate your hair loss how scalp disorders and hair loss are diagnosed how hair loss can be treated what to do if you get a bald spot and don't just cover it up

how to stop pulling your hair out: Conquer Trichotillomania: A Practical Guide To Taking Control, Regain Your Self-Esteem Marnelle Schipper, Mark Verwoert, 2023-08-01 Are you tired of struggling with trichotillomania and seeking a practical and empowering solution to regain control over your life? Look no further! The "Stop Hair-Pulling Workbook" is a comprehensive workbook designed to guide you on a transformative journey towards managing trichotillomania and reclaiming your self-esteem. This workbook is built on three essential pillars that will pave your path to success: belief & control, awareness & interventions, and the anti-pulling lifestyle. By focusing on these key aspects, you will develop an analytical and problem-solving mindset, empowering you to create a personalized plan tailored to your unique needs. In the "Stop Hair-Pulling Workbook", you will discover a wealth of tools and strategies to help you cope with the challenges of trichotillomania. By cultivating a deep understanding of your condition, you will gain the confidence to face it head-on. The workbook's thought-provoking exercises and insightful prompts will encourage self-reflection, allowing you to uncover the underlying triggers and emotions behind your hair-pulling tendencies. Through practical exercises and step-by-step guidance, you will learn to: Strengthen your belief in your ability to overcome trichotillomania and regain control of your actions. Heighten your awareness of the thoughts, emotions, and situations that trigger your hair-pulling urges. Implement effective interventions and coping mechanisms to prevent and manage hair-pulling episodes. Embrace an anti-pulling lifestyle that nurtures positive habits and fosters emotional well-being. The "Stop Hair-Pulling Workbook" is more than just a workbook; it is a supportive companion on your journey to self-discovery and healing. Each chapter offers valuable insights, reflective questions, and evidence-based practices to inspire and guide you along the way. Whether you have recently been diagnosed with trichotillomania or have been battling it for years, this workbook will be your trusted resource to create lasting change. Break free from the constraints of trichotillomania, transform your perspective, and cultivate the self-esteem you deserve. This book is not meant as an endpoint, but rather as a starting point where you can fight trichotillomania head-on with your skills and mindset. Even though trichotillomania is chronic, you can learn to manage your condition. Just like I did. Take the first step towards empowerment today with the "Stop Hair-Pulling Workbook". Your path to a fulfilling life free from trichotillomania starts here. **BONUS:** This trichotillomania book also contains trichotillomania planners, idea lists, and other useful handouts to make your experience even smoother. P.S. Are you a parent? You can also use this workbook to go through these steps together with your child.

how to stop pulling your hair out: *Wake Up* Aaria Iyer, 2021-02-02 Wake-up Synopsis The Protagonist Sanjana, lands herself in a city plagued with mysterious events. Every person she befriends comes about with a dicey background. A neurocriminologist by profession, Sanjana sets out to get to the bottom of the mysterious happenings. Surrounded by friends with troubled backgrounds, Sanjana is totally muddled about where to even start the investigation. Alarmed by the hike of mental illness plaguing the city, Sanjana searches for the possible causal factor. The story's

main theme revolves around a psychopharmacological mystery. As she digs, deeper gets the mystery. Relentlessly Sanjana continues in her search for the answer. However, she finds herself in a fix when she is least able to recognize whom to trust and not to trust. The story has many interesting characters from varied walks of life coming together in situations totally not in their control. A clueless Ayrin, boards a train not knowing where it heads. She finds Sanjana in the same train as a co-passenger in the same bay where she finds Kevin too. The brilliant Nancy Drew gang formed by Sanjana with her new found friends (are they really friends?) gets into the investigation. Are there clues or danger in their quest? Do they get to solve or do they get killed? Does Sanjana solve the mystery- Read Wake-up to know this.

how to stop pulling your hair out: *Hair Loss and Replacement For Dummies* William R. Rassman, Robert M. Bernstein, 2008-11-13 What are the causes of hair loss? Can you prevent it? Can lost hair be restored? Hair Loss & Replacement For Dummies helps you understand why men and women lose their hair and offers thorough, objective reviews of a wide array of hair replacement options, including hair replacement surgery, prescription and over-the-counter medicinal treatments, hairpieces, natural remedies, and a variety of other options. This authoritative, user-friendly guide explains the pros and cons of hairpieces, fibers, foundations, and hair thickening techniques. You'll learn about pharmaceutical, laser, and topical treatments, and you'll find out how to determine whether you're good candidate for hair transplant surgery. You'll even find help in assessing costs, controlling expectations, avoiding hair replacement scams, and determining which option truly is best for you. You'll discover: What you need to know about hair and hair loss How to take better care of your hair Ways to prevent or reduce hair loss Creative techniques for concealing hair loss Shopping tips for hair-replacement systems How finasteride, minoxidil, and other medications might help Advice about low level laser treatments The low-down on hair transplant surgery Complete with helpful myth-busting information about the causes of hair loss and the benefits of FDA-approved treatments, and helpful comparisons of the advantages of non-surgical and surgical hair replacement, Hair Loss & Replacement For Dummies is the resource to consult before you decide on any hair replacement treatment.

how to stop pulling your hair out: *Getting Control* Lee Baer, 2012-06-26 Thoroughly revised and updated—the go-to book for OCD sufferers who want to master their fears and take charge of their lives The first comprehensive guide to treating obsessive compulsive disorder based on clinically proven behavioral therapy techniques, Dr. Lee Baer's Getting Control has been providing OCD sufferers with information and relief for more than twenty years. In the same easy-to-understand format as the original, this updated edition includes: • Cutting-edge behavioral therapy techniques • Breakthrough advances in neuroscience • Brand new material on hoarding • Expanded sections on how families can help OCD sufferers • The latest diagnostic standards as outlined by the American Psychiatric Association • A completely revised list of resources OCD sufferers and their loved ones will find everything they need to assess their symptoms, set realistic goals, and create specific therapeutic exercises for managing this disorder.

how to stop pulling your hair out: *The Hair-pulling Problem* Fred Penzel, 2003 Trichotillomania, one of the family of obsessive-compulsive disorders, may afflict as many as 6 to 8 million people in the United States. Now, a leading authority on obsessive-compulsive disorders, Dr. Fred Penzel, has written the most up-to-date, comprehensive, and authoritative guide to this syndrome available, filled with reassuring advice for patients and their families. Endorsed by the Trichotillomania Learning Center, the leading advocate group for this disorder, this superb handbook includes all the information a patient or relative would need to understand this illness and to cope with it. Penzel provides a detailed discussion of causes and he reviews all the treatment options, describing the most effective medications and their side effects as well as the recommended cognitive and behavioral treatments. He shows patients how to design a self-help program and gain control of their compulsive behavior, how to prevent relapse, describes trichotillomania and its treatment in children, and suggests coping strategies for families at home and in public situations. He also provides a guide to all the resources available, including internet sites, recommended books,

and videos, and outlines ways to start a support group. The appendix will include questionnaires, clinical rating scales, and the official DSM diagnostic criteria for the disorder, so readers can decide if they need to seek behavioral and possibly medical treatment. Dr. Penzel has helped patients with OCD and trichotillomania for over twenty years and is one of America's leading authorities on these disorders. Drawing on decades of hands-on experience, he has produced the most complete and scientifically accurate handbook available on this disorder, a comforting guide packed with information to help people with trichotillomania get well and stay well.

how to stop pulling your hair out: Trichotillomania: Therapist Guide Michael P. Twohig, Douglas Woods, 2023 Trichotillomania (TTM) is a disorder of secrecy and shame. Many with the problem do not know it has a name, and many who know what they have, cannot find knowledgeable providers. Research on the etiology, maintenance, and treatment of TTM has grown dramatically since this program was first published. Still, our understanding of this complicated disorder remains incomplete, and few effective therapeutic options exist. Behavior therapy still maintains the strongest empirical support (Farhat et al., 2020), having reliably outperformed medications in head-to-head, albeit small, efficacy trials. Unfortunately, the number of mental health providers familiar with TTM and its treatment remains limited. This therapist guide and client workbook were written as tools for therapists to become familiar with an effective treatment for TTM--

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how to stop pulling your hair out: Trichotillomania Douglas W Woods, Michael P Twohig, 2008-03-31 Trichotillomania (TTM) is a complex disorder that is difficult to treat as few effective therapeutic options exist. Behavior therapy has the greatest empirical support, but the number of mental health providers familiar with TTM and its treatment is quite small. This manual was written as a tool for therapists to become familiar with an effective treatment for TTM. The treatment approach described in this guide blends traditional behavior therapy elements of habit reversal training and stimulus control techniques with the more contemporary behavioral elements of Acceptance and Commitment Therapy (ACT). Unlike traditional interventions that aim to change type or frequency of pulling-related cognitions in the hopes of reducing urges to pull hair, this innovative program uses strategies to change the function of these cognitions. Clients are taught to see urges for what they really are and to accept their pulling-related thoughts, feelings, and urges without fighting against them. This is accomplished through discussions about the function of language and defusion exercises that show the client how to respond to thoughts about pulling less literally. Over the course of 10 weeks, clients learn to be aware of their pulling and warning signals, use self-management strategies for stopping and preventing pulling, stop fighting against their pulling-related urges and thoughts, and work toward increasing their quality of life. Self-monitoring and homework assignments keep clients motivated and engaged throughout.

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how to stop pulling your hair out: Nobody's Butterfly Claire Davis, Al Stewart, 2017-12-01 Cobweb ghosts are inconvenient—especially grumpy ones with bad breath. Don't they know silence

is golden? Johnny Strong is the expert; he hasn't spoken in two years. Not one word to anyone except the ghost. The main purpose of life is to avoid people and not get noticed. Friends? He doesn't need them; and certainly nobody wants him despite what the ghost says. Until a new boy appears at Windybank—Finn Lyons, teenage wizard. He eats frogs, concocts potions, and is always hungry. Not only does Finn stand up for Johnny; he actively seeks his company and soon becomes part of life. First love; family and words; a heady mix to go in the potion but how will it all turn out? Hubble bubble; Johnny Strong's in trouble! Silence is not always golden in this sweet, zany story of the purest magic.

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how to stop pulling your hair out: OCD Love Story Corey Ann Haydu, 2013-07-23 In an instant, Bea felt almost normal with Beck, and as if she could fall in love again. But things change when the psychotherapist who has been helping her deal with past romantic relationships puts her in a group with BeckNa group for teens with obsessive-compulsive disorder.

how to stop pulling your hair out: Totally Absurd Inventions Ted Vancleave, 2001-04-26 Totally Absurd Inventions offers the best of the goofy from the millions of patents granted during the past 70 years. Each of the nearly 100 off-the-wall inventions unearthed for this collection features the detailed patent application illustration and a lively description of the bizarre proposed creation. Need to know when your baby's diaper is dirty? You'll want to see the plans behind the Diaper Alarm. Little boys wanting to avoid playground kisses may find just what they need in the Kissing Shield. Want to add a unique Wisconsin twist to your cigarette? The Cheese-Filtered Cigarette might do the trick. Super Trash Man, the Cranium Cooler, the All-Terrain Stroller, and the Pet Toilet are just a few more of the zany but fascinating inventions highlighted in this compendium of creativity.

how to stop pulling your hair out: The Spanish Club Danielle Burnette, 2014-07-18 2015 Reader Views Literary Award Winner (Young Adult Fiction) When Brianna unearths a family secret, the life she's known unravels. She trusts no one except Dana, her best friend. But Dana will move away at the end of the summer, leaving Brianna to face her senior year friendless and alone. A last chance to bond with Dana lies in a summer trip abroad with the Spanish Club. Yet the promise of a once-unattainable first love, another painful secret, and Mexico—gripped in World Cup fever—threaten to rip the girls apart for good. As their lives hang in the balance, Brianna must find the strength and forgiveness to reconcile the friend she once was with the new person she desperately wants to be. An honest coming-of-age, *The Spanish Club* chronicles the universal struggle to define oneself within the boundaries of friendship and love—even when the ones you trust break the rules.

how to stop pulling your hair out: Under the Same Sky Mojgan Shamsalipoor, Milad Jafari, James Knight, 2017-04-26 After fleeing their homeland, Australian refugee policies threaten to tear this young couple apart. An unforgettable story of love, hope and a quest for freedom. At seventeen, all Mojgan Shamsalipoor wanted was to be safe from physical and sexual abuse, go to school, and to eventually marry for love. In Iran, she was denied all of this. Milad Jafari was a shy teenage boy who found his voice as a musician. But the rap music he loved was illegal in his country. All Milad's father, a key maker, builder and shopkeeper, wanted was for his family to live free from the fear of arrest, imprisonment or execution. To do that they all had to flee Iran. Mojgan and Milad met in Australia. But in the months between their separate sea voyages, the Australian government changed the way asylum seekers were treated. Though Milad is recognised as a refugee and will soon become a proud Australian citizen, Mojgan has been told she cannot stay here even though the threat of imprisonment and further abuse, or worse, means she can't return to Iran. UNDER THE SAME SKY, is a powerful insight into the human face of asylum seekers and the way history has

shaped the lives of these two young people. It also shows the compassion alive in our suburbs. For Mojgan and Milad, their love keeps their hopes alive.

how to stop pulling your hair out: Tripping Toward Mars Richmond Scott, 2025-02-18 Join humanity's mad blast toward Mars in this rollicking near-future satire "You'd like to be the first man on Mars, the next Neil Armstrong, wouldn't you?" Astronaut Addy Johnson and his wife, Bria, beat the odds (and dodge a publicity scandal) to be on NASA's first crewed mission to Mars, along with another astronaut couple. The foursome are best friends and chart-topping bandmates in the runup to their mission, supporting each other as they grapple with personal conflicts and the rigors of training in Antarctica. After the "Boeing Deepthrust" rocket launches the astronauts toward the stars, tensions run high when Addy, misjudging the impact of defying Mission Control—and the wishes of Bria and the other crew members—ponders a risky gambit to outrace their Chinese competition to the Red Planet. Facing a challenge that could end their deep space voyage, they experiment with the peculiar cargo someone smuggled onboard. This big-hearted satire by first-time novelist Richmond Scott is a scintillating read for sci-fi fans. Addy and his crew share their adventure with a vibrant ensemble of characters including amorous robots and reality TV stars. Set in a not-too-distant future overrun by corporate sponsorships and a collective obsession with celebrity, Tripping Toward Mars takes you on a dazzling, high-spirited ride.

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