

# How Do You Stop Pulling Your Hair?

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## **\*Occupying Your Hands\***

- ❖ Knitting to keep your fingers busy.
- ❖ Chewing on toothpicks.
- ❖ Cutting nails short if you use them to twirl up your hairs.
- ❖ Typing at the keyboard with both hands.
- ❖ Taping your thumb to your hand.
- ❖ Dental floss to keep your hands busy and floss at the same time!
- ❖ Tying your hands together or apart – especially when writing so that ‘free’ hand can’t pull.
- ❖ Painting your nails.

## **\*Mental Tricks\***

- ❖ Saying ‘STOP!’ to yourself out loud each time your hand goes to the hairs.
- ❖ Stopping yourself from touching your hair altogether.
- ❖ Keeping as busy as possible.
- ❖ Look at old photos of yourself when your trich was at its worst.
- ❖ Mentally watching yourself all the time – to catch out that subconscious pulling.

### **\*For Scalp Pullers\***

- ❖ Tying back your hair, tightly. Especially in a French plait.
- ❖ Brushing your hair when you start touching it.
- ❖ Covering hair by wearing a hat and/ or bandana.
- ❖ Washing your hair.

### **\*Finding Support\***

- ❖ Finding support in others over the internet.
- ❖ Telling friends so (a) you get their support and (b) you are more aware of doing it in front of them.
- ❖ Telling your boyfriend/ girlfriend so they can hold your hand instead of leaving it free to pull.
- ❖ Writing about trichotillomania.
- ❖ Go pull-free at the same time as others online.

### **\*Parents\***

- ❖ Being threatened by parents (as MK stated in her guest post at [OnTrich](http://ontrich.com)).

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Also thank you to...

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@ [MaryKingftw](https://twitter.com/MaryKingftw)

@ [avenathus](https://twitter.com/avenathus)

~ Penny xx

You can find me on Twitter @ [ontrich](https://twitter.com/ontrich) and at <http://ontrich.com>

Feel free to use this list however you want ☺