

Increase Self-Awareness

Body-focused repetitive behaviors (BFRBs) can include actions like hair pulling (trichotillomania), skin picking (excoriation disorder), nail biting, or other repetitive behaviors that focus on the body. BFRBs are often linked to underlying emotions such as stress, anxiety, or boredom.

1. Reflect on the emotions and sensations that typically precede or accompany your BFRB episodes. What triggers or internal experiences tend to precede these behaviors?

2. Consider the specific environmental or situational factors that may contribute to the occurrence of your BFRBs. How does your environment impact your engagement in these behaviors?

3. Explore the history of your BFRBs, including when they first emerged and any changes or patterns in their frequency or intensity over time. What significant life events or stressors have been associated with fluctuations in your BFRBs?

4. Reflect on any underlying emotions or psychological states that may be linked to your BFRBs. What role do emotions such as anxiety, boredom, or distress play in the expression of these behaviors?

5. Consider the beliefs or thoughts you hold about your BFRBs. How do these beliefs influence your relationship with the behaviors and your sense of control over them?

6. Reflect on the impact of your BFRBs on your daily life, relationships, and overall well-being. In what ways do these behaviors affect your functioning and quality of life?

7. Identify the internal and external cues that may trigger or exacerbate your BFRBs. How do sensory experiences, emotional states, or specific situations contribute to the urge to engage in these behaviors?

8. Consider any attempts you have made to manage or reduce your BFRBs. What strategies have been helpful, and which ones have been less effective?

9. Reflect on the role of self-awareness and mindfulness in relation to your BFRBs. How does increased awareness of your thoughts, emotions, and bodily sensations impact your ability to respond to urges?

10. Explore the potential function or purpose that your BFRBs serve. What needs or desires might these behaviors be attempting to fulfill, and how might these needs be addressed in alternative ways?

11. Reflect on any patterns of shame, guilt, or stigma associated with your BFRBs. How have societal attitudes or personal beliefs influenced your feelings about these behaviors?

12. Consider the role of social support and communication in relation to your BFRBs. How have your interactions with others and your level of social support impacted your experience of these behaviors?

13. Reflect on moments of resilience and coping related to your BFRBs. What strengths and resources have you drawn upon during challenging times?

14. Identify the barriers or obstacles that may hinder your efforts to address your BFRBs. What internal or external factors make it difficult to change these behaviors?

15. Consider the impact of self-care practices, relaxation techniques, or activities that promote a sense of calm and well-being. How might incorporating these practices support your efforts to manage your BFRBs?
