

Index

- ABC model of behavior change, 60, 64, 67–70
- acceptance
 - and cognitive flexibility, 117–118
 - techniques, 139
 - thoughts, 114
- acceptance and commitment therapy (ACT),
 - values and valued living, 121
- action items
 - overview, 6
 - affective domain
 - BFRB journey plan, 146
 - changing your level of stimulation, 141
 - choosing interventions, 142
 - describing urges like a journalist, 131–132
 - emotion management strategies, 137
 - identifying relevant emotions, 135
 - logging BFRB activity, 144
 - urge surfing, 133
 - BFRB journey checklist, 59
 - cognitive domain
 - adding strategies to intervention plan, 122
 - BFRB journey plan, 126
 - identifying and changing problematic thoughts, 114
 - improving cognitive flexibility, 119–120
 - logging BFRB activity, 123, 144
 - completing your BFRB journey plan, 82
 - envisioning the end of your story, 18
 - exploring “best friend thoughts,” 21–23
 - goal setting, 29–30
 - High-Risk Situation Form
 - completing, 63–64
 - example, 62
 - identifying
 - cognitive barriers to recovery, 79
 - the functions of your BFRB, 71–72
 - the impact of your BFRB, 13–15
 - relevant As, Bs, and Cs, 69
 - your SCAMP domains, 43–45
 - learn about your behavior chains, 65–67
 - listing
 - the positives of your BFRB and possible alternatives, 73
 - your SCAMP domains in order of relevance, 46
 - mindfulness exercise, 57
 - motor domain
 - continue to work on action items daily, 157
 - identify specific interventions to use, 153
 - learn array of interventions, 152
 - logging BFRB activity, 155–156
 - place domain
 - continue to work on action items daily, 171
 - identifying
 - interventions, 166–167
 - relevant variables, 163–164
 - logging BFRB activity, 169
 - readiness assessment, 26–28
 - recording BFRB activity, 48–49
 - self-care
 - behavioral changes involving exercise, 188
 - emotion regulation techniques, 194
 - healthy eating interventions, 184
 - improving sleep duration and quality, 186
 - lifestyle changes, 197
 - relevant hair, skin, and nail care routines, 182
 - sensory domain
 - BFRB journey plan, 110
 - intervention plan, 106
 - logging BFRB activity, 107, 123, 144
 - near senses, 105
 - oral/taste, 99
 - smell, 101
 - sound, 103
 - touch, 96
 - vision, 89–91
 - timing, 32–33
 - writing your BFRB story, 16
 - your BFRB journey, 35
- affective domain, 40, 43–44
 - overview, 127–129
 - acceptance techniques, 139
 - breathing and “best friend thoughts,” 128
 - choosing interventions, 142
 - coping
 - with difficult emotions, 136–138
 - with distress, 129
 - defusing the urge from the action, 130
 - describing urges like a journalist, 131–132

- emotion regulation, 138
- example interventions, 129
- feeling over- or under-stimulated, 140–141
- identifying difficult emotions, 134–136
- learning to ignore an urge, 133
- logging BFRB activity, 144
- age of onset for BFRBs, average, 8
- anxiety, commonly coexisting with BFRBs, 9
- Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones* (Clear), 200
- awareness of behaviors
 - overview, 37
 - awareness enhancing tools, 150
 - behavior chains, 40
 - benefits for understanding BFRBs, 3, 19–20
 - developing your BFRB profile, 47
 - domains of relevance, 37–42
 - see also SCAMP domains
 - importance for recovery, 38, 42, 58
 - increasing, 36–59
 - mindfulness as strategy for gaining, 52, 53
 - mindfulness exercise, 54–57
 - patterns of behavior, 51–52
 - recording BFRB activity, 48–49
 - role of blockers, 148, 150
- bathroom, potential role in BFRB activity, 159
- behavior chains, learning about your, 65–67
- behavior change
 - ABC model, 60, 64, 67–70
 - role of realistic expectations, 200
- Behavior Therapy Center of Greater Washington, 37
- “best friend thoughts,” exploring, 21–23
- BFRBs (body focused repetitive behaviors)
 - overview, 7
 - effects of, 11, 12, 13–14
 - examples of, 7
 - importance of understanding reasons for engagement in, 19
 - potential triggers, 11
 - prevalence, 10
 - unknowns, 10
- blockers, examples of, 148, 150, 152, 162
- body scan, mindful, 191–192
- breathing retraining, 192
- change, readiness for, 25
- Clear, James, *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*, 200
- cognitive domain, 39, 43
 - acceptance, 117–118
 - acceptance thoughts, 114
 - adding strategies to intervention plan, 122
 - categories of thought, 111
 - challenging unhelpful thoughts, 112–113
 - cognitive flexibility
 - benefits of, 116–118
 - learning how to improve, 119–120
 - identifying and changing problematic thoughts, 114
 - identifying different types of thoughts, 112
 - logging BFRB activity, 107, 123, 144
 - and pain management, 116–117
 - perfectionistic thinking, 115–116
 - resistance thoughts, 114
 - valued living, 121
- competitive responses, expansion, 151
- Comprehensive Behavioral (ComB) Model, development of, 37
- Comprehensive Behavioral (ComB) Treatment of Body Focused Repetitive Behaviors: A Clinical Guide*, 3
- Covey, Stephen R., *The 7 Habits of Highly Effective People*, 200
- defusion, 121, 130
- depression, commonly coexisting with BFRBs, 9
- dermatillomania, see also skin picking disorder (SPD), 8
- distress, coping with, 129
- DSM-5-TR (*Diagnostic and Statistical Manual of Mental Disorders*), inclusion of BFRBs in, 7
- eating habits, healthy, 183
- effects of BFRBs, 11, 12, 13–14
- emotions
 - coping with difficult emotions, 136–138
 - emotion regulation, 138
 - identifying difficult emotions, 134–136
- “encouragers,” 67
- excoriation disorder, see also skin picking disorder (SPD), 8
- expectations
 - and goal setting, 27–30
 - setting realistic expectations, 199–200
- genetic basis of BFRBs, research into, 8
- goal setting, expectations and, 27–30
- habit reversal therapy, 150–151
- The Habits of Highly Effective People* (Covey), 221
- hair
 - anatomy, 178–179
 - health, 176–177
 - managing damage to, 180–181

Index

- hair pulling disorder (HPD)
 - inclusion in DSM-5, 7
 - prevalence in adults, 9
- healthy eating habits, 183
- implements, role of in BFRB activity, 160–161
- interventions
 - affective domain, 127–146
 - cognitive domain, 111–126
 - motor domain, 147–157
 - place domain, 158–171
 - sensory domain, 85–110
 - see also* individual domains
- lighting, potential role in BFRB activity, 160
- locations, role of in BFRB activity, 159
- Mansueto, Charles, 37
- mindful body scan, 191–192
- mindful self-compassion, 116, 189–190
- mindfulness
 - approaches, 192–193
 - exercise
 - script 1, 54, 55
 - script 2, 56
 - fundamental premise of, 52
 - as strategy for gaining awareness of behaviors, 52, 53
- motivation for change vs. readiness, 25
- motor domain, 40–41, 44
 - overview, 147–148
 - awareness enhancing tools, 150
 - blocker examples, 148, 150, 152
 - expansion of competitive responses, 151
 - focused and automatic styles of BFRB, 149–150
 - habit reversal therapy, 150–151
 - intervention examples, 152–153
 - logging BFRB activity, 155–156
 - postural change, 150
 - and “trance-like state,” 151
- myths and misconceptions about BFRBs, 23–25
- nails
 - anatomy, 179
 - managing damage to, 180–181
- Neff, Kristin, 116
- negative impact of BFRBs, examples of, 11, 12, 13–14
- Obsessive Compulsive Disorder (OCD),
 - relationship of BFRBs to, 7
- oral behaviors, taste and, *see* taste and oral behaviors
- other people’s absence/presence, potential role in BFRB activity, 161–162
- perfectionistic thinking, 115, 116
- place domain, 41, 44
 - overview, 158
 - activities, 162
 - bathroom, 159
 - implements, 160–161
 - intervention examples, 165–167
 - lighting, 160
 - other people’s absence/presence, 161–162
 - physical location, 159
 - relevant variables, 163–164
 - situational variables, 158
 - time of day, 160
 - using blockers, 162
- prevalence of BFRBs, 10
- puberty, 8
- pulling it all together, 198–207
 - creating a plan to move forward, 203–204
 - key to successful treatment, 206, 207
 - looking back, 198–200
 - maintenance, 205–206
 - review of chapters, 201, 203
 - revisiting action items, 199
 - setting realistic expectations, 199–200
- readiness
 - for change, motivation and, 25
 - to overcome your BFRB, assessment of, 26–28
- realistic expectations, role in successful behavior change, 200
- recovery
 - overview of how this book will help, 4
 - importance of awareness of behaviors for, 38, 42, 58
 - importance of understanding reasons for engagement in BFRBs, 19
 - potential barriers to, 74–78
 - cognitive impediments, 77–78, 79
 - emotional obstacles, 74–76
 - role of timing, 31
- relapse prevention, 80, 81
- relaxation, 191–194
 - breathing retraining, 192
 - mindful body scan, 191–192
 - mindfulness approaches, 192–193
 - progressive muscle relaxation, 191
- resistance thoughts, 114
- responses, competitive, 151
- SCAMP domains
 - overview, 37–38
 - sensory, 38–39, 43
 - cognitive, 39, 43
 - affective, 40, 43–44

- motor, 40–41, 44
- place, 41, 44
- identifying your domains, 43–45
- internal vs. external, 42
- listing in order of relevance to you, 46
- see also* individual domains
- self-care, 175–197
 - emotion regulation, 189, 194
 - example
 - dietary changes, 184
 - routines, 182
 - exercise, 187
 - hair anatomy, 178–179
 - hair and skin health, 176–177
 - healthy eating habits, 183
 - managing damaged skin, hair, nails, 180–181
 - medications and nutraceuticals, 195
 - mindful body scan, 191–192
 - nail anatomy, 179
 - progressive muscle relaxation, 191
 - relaxation, 190–193
 - breathing retraining, 192
 - mindful body scan, 191–192
 - mindfulness approaches, 192–193
 - progressive muscle relaxation, 191
 - self-compassion, 189–190
 - skin anatomy, 177
 - sleep duration and quality, 185–186
- self-compassion, 20, 189–190
 - founder of the movement, 116
 - modeling, 21–23
 - power of, 129
- sensory domain, 38–39, 43
 - overview, 86–87
 - BFRB journey plan, 110
 - intervention plan, 106
 - logging BFRB activity, 107, 123, 144
 - near senses, 104
 - soothing interventions, 105
 - oral/taste, 97–100
 - example behaviors, 97
 - increase positive sensations, 99
 - intervention examples, 98–100
 - smell, 100–102
 - intervention examples, 102
 - sound, 102–104
 - intervention examples, 103
 - touch, 92–96
 - example behaviors, 93
 - intervention examples, 93, 96
 - tactile soothers, 96
 - visual, 87–92
 - common triggers for BFRBs, 88
 - intervention examples, 88–92
- shame, importance of addressing feelings of, 15
- skin
 - anatomy, 177
 - health, 176–177
 - managing damage to, 180–181
- skin picking disorder (SPD)
 - inclusion in DSM-5, 7
 - prevalence in adults, 10
- sleep duration and quality, 185–186
- smell, 100–102
 - intervention examples, 102
- sound/auditory sensations, 102–104
- stimulation levels, feeling over or under-stimulated, 141
- taste and oral behaviors, 97–100
 - example behaviors, 97
 - increase positive sensations, 99
 - intervention examples, 98–100
- thought, categories of, 111
- time of day, potential role in BFRB activity, 160
- timing
 - determining a good time to start your BFRB journey, 32–33
 - role of in recovery, 31
- touch, 92–96
 - example behaviors, 93
 - intervention examples, 93, 96
 - tactile soothers, 96
- Towhig, Michael, 117
- “trance-like state,” 36, 151
- trichotillomania, *see also* hair pulling disorder (HPD), 7–8
- triggering activities, examples of, 11
- understanding your BFRB, 60–82
 - ABC model of behavior change, 60, 64, 67–70
 - action items
 - High-Risk Situation Form
 - completing, 63–64
 - example, 62
 - identifying
 - cognitive barriers to recovery, 79
 - relevant As, Bs, and Cs, 69
 - the functions of your BFRB, 71–72
 - learn about your behavior chains, 65–67
 - list the positives of your BFRB and possible alternatives, 73
 - “encouragers,” 67
 - finding positive aspects, 68, 70–73
 - identifying risk situations, 62–64
 - potential barriers to recovery, 74–78
 - cognitive impediments, 77–78, 79
 - emotional obstacles, 74–76
 - relapse prevention, 80–81



Index

- urges
 - overview, 23
 - defusing from action, 130
 - describing like a journalist, 131–132
 - learning to ignore, 133
 - urge surfing, 133
- values and valued living, 121
- vision, 87–92
 - common triggers for BFRBs, 88
 - intervention examples, 88–92
- willpower, 25