

# Contents

<b>Part I</b>	Preparation, Gaining Perspective, and Heightening Awareness of Your BFRB	1
<b>1</b>	Getting Started on Your BFRB Journey	3
<b>2</b>	Increasing Awareness of Your BFRB	36
<b>3</b>	Gaining a Better Understanding of Your BFRB	60
<b>Part II</b>	Interventions and Skill Building: Selecting and Using Interventions	83
<b>4</b>	The Sensory Domain	85
<b>5</b>	The Cognitive Domain	111
<b>6</b>	The Affective Domain	127
<b>7</b>	The Motor Domain	147
<b>8</b>	The Place Domain	158
<b>Part III</b>	Lifestyle Changes and Maintenance of Recovery	173
<b>9</b>	The Importance of Self-Care	175
<b>10</b>	Putting It All Together to Move Forward	198
<i>References</i>		208
<i>Index</i>		210