

Habit Reversal Training



Stop the picking or touching

1

Awareness Training

Identify problem or habit

Recognize triggers

Recognize early warnings (like physical urges)

2

Competing response



Substitute old behavior for new one
ex - Stress ball, yarn, squeeze fists

Practice for 1 minute



3

Get motivation and support



Motivation

- List negative consequences of your habit
- what problems does this cause?
 - what's the inconvenience cost?

Support

- Get someone on your team who will:
- Detect warning signs
 - Notice your behavior
 - Remind you to use competing behaviors

Stimulus Control



Journal →

- *what
- *when
- *where (places and situations)
- *Early signs
- *Triggers

THEN → Reduce triggers in your environment
ex - Cover bathroom mirror, discard tweezers, wear gloves