

Habit Investigation

Our first goal is to identify **why** the habit occurs. Once we understand the function of the behavior (why it happens and what purpose it has), we can help you find alternative and healthy coping strategies.

Answer the following questions when you noticed you either felt the urge to (pull hair, pick skin, chew cheek, etc...) OR you realized you had been (pulling, picking, or chewing).

PHYSICAL SENSATIONS

Internal, what sensations do you FEEL that no one else would know about.

1. What physical sensations in your body did you notice before? (for example, tingling sensations, noticed bumpy or rough patches of skin in cheek with tongue, itchy sensations, pain, etc...)
2. How intense were the physical sensations? (1= not at all intense, 10= very intense).

ENVIRONMENT

3. Where were you?
4. How long had you been there?
5. Was there a stressful event, argument, or situation that happened that day? If so, how upset did that make you at the time on a scale of 1-10? (1= not at all, 10= very upset).

BEHAVIORS

6. What activity were you doing when you noticed? (for example, watching TV, reading, walking, etc...)
7. How long were you doing that activity for?
8. What activity were you doing before that?

THOUGHTS

9. What were you thinking about at the time?
10. How long had you been thinking about it?
11. Was your brain “stuck” on those thoughts- like it was repeating the same thoughts over and over?

EMOTIONS

12. What emotions were you feeling at the time?
 13. How intense were the emotions you felt? (1=not at all intense, 10=most intense)
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BODY MOVEMENTS (*External, what would you SEE if you looked in a mirror at the time you did the behavior*)

14. What parts of your body move or change before? (for example, moving closed mouth upwards, clenching jaw, tense fingers, biting lips).
 15. What does it look like while you're doing the behavior? (for example, mouth closed and moving, fingers picking skin, etc...).
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