

GRIP

How to cope with habitual behaviors.

Habitual behaviors (skin picking, cheek biting, nail biting, etc...) can sometimes be the body's way of coping with emotions, including boredom, exhaustion, anxiety, and anger- to name a few. When you notice you are engaging in your habitual behavior, recognize that your body is sending you a message! Consider your habitual behavior a sign that you need to "tune in" to your internal experiences- your thoughts, physical sensations in your body, and emotions. Your goal is to learn how to tolerate that emotion and internal experience without engaging in the habit. When you notice the habit behavior, you can work on your GRIP skills.

 **G Grounding Activity**

 **R Replacement Behavior**

 **I Identify your emotions**

Bored, Zoned out, Disconnected, Anxious, ...

 **P Problem Solve**

Use the Thought-Feeling-Behavior triangle to address the EMOTIONS you identified. If you're feeling bored and disconnected, change your BEHAVIORS to ones that make you focus on your brain/body connection or do something that will engage your brain more. If you're feeling bored and fidgety, do 2 minutes of stretches, play with a fidget toy, or get up and walk around. Another option is to focus on your THOUGHTS, try saying this to yourself: "I **accept** that the thoughts, feeling, and urges I am experiencing are all temporary and they will eventually pass. I **can tolerate** this emotion or experience without engaging in a habitual behavior or any harmful behaviors."