

This publication is brought to you by POREspective® Acne Control | www.porespective.com

Coping Strategies to Stop Purposeful Picking and Mindless Touching of Acne-Prone Areas

Coping Strategy	Description
Fist Clenching	Teaches users how to use the strategy taught by Azrin & Nunn (1973), whereby patients clench their fists for 1-3 minutes to aid in resisting an urge.
Hand Toys	Suggests a variety of different toys that can be purchased to keep hands busy during an urge.
Band Aids/Gloves	Suggests putting Band Aids/Gloves on the fingers/hands used to pick to 1) remind them that they are about to pick and 2) remove the sensations associated with picking.
Change Activity	Instructs the user to physically get up and remove themselves from a situation where they are experiencing an uncomfortable urge.
Pleasurable Activity	Encourages the user to engage in a pleasurable activity such as a craft or hobby that will get their mind off of picking and to distract them from the urge to pick.
Keep Hands Away from Picking Location	For those people who report stroking or feeling certain areas of their skin, the program recommends that they keep their hands away and avoid looking at these areas altogether.
Relaxation	Teaches both deep breathing and progressive muscle relaxation for use during times of tension or high stress.
Consult a Professional	Instructs participants to talk with dermatologists or aestheticians to help reduce urges to pick.
Avoid Mirrors/Dim the Lights	Recommends covering up mirrors, dimming the lights, or standing 3 feet from mirrors to avoid visual triggers that can precipitate an episode.
Throw Away Skin Picking Tools	Suggests getting rid of items which can be a skin picking implement.
Thought Busting I	Reviews cognitive restructuring for thoughts about skin picking (e.g., "I am a failure because I can't stop" or "My skin looks terrible").
Thought Busting II	Reviews cognitive restructuring for thoughts about other things such as life stressors.
Change Posture	Instructs participants to change their posture if they tend to sit in positions that assist in their picking.
File Nails/Paint Nails	Instructs participants to file/paint nails to keep their hands busy and/or to care for their nails and areas surround nails (e.g., cuticles).
Barriers	Suggests the use of hats, bandannas, scarves, glasses, or other "barriers" to keep hands away from the skin.
Ask for Help	Instructs participants to ask people around them for help when they are experiencing an urge.
Use Serum or Benzoyl Peroxide to Soothe the Skin	Suggests using ointments or salves to reduce physical sensations (e.g., itching, tingling, etc.) that exacerbate picking.