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the
freedom
companion
for stopping hair pulling

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The Freedom Companion for Stopping Hair Pulling



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The Freedom Companion for Stopping Locks Pulling: A daily dosage of positivity and accountability to lead you to success Stopping hair pulling is hard. The Freedom Companion makes it easier by finding you to focus on the positive, not the pulling. re working alone Employs proven positive psychology mood-lifters Encourages repeated positive activities that reduce pulling Makes your time and efforts more consistent Helps you make habits of actions you need to succeed Acts seeing that a daily reminder of all various actions you could take Can help you recognize and appreciate your progress Helps to keep you inspired and on-track for months at a time Helps you figure out what variables influence your pulling Gets you to experience even more empowered in your life Provides you accountability when you' How the Freedom Companion can help you reduce your hair pulling: Can help you implement what you learned in therapy or from books or online language resources.



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Exactly what you will need to stop pulling This journal is strictly what my clients need to build awareness on the pulling and concentrate on practicing their strategies. 90 daily web pages of journaling. Are you with them? You already know your strategies. Are you logging your urges and strategies? Support for trichotillomania recovery I am a licensed psychotherapist specializing in the treatment of Body-Focused Repetitive Behaviors (BFRBs) like trichotillomania, and also have long been a lover of Annette Pasternak's function in this area. Of all the books written within the last 26 years about Hair Pulling, THIS book supplies the most hope. In case you are not prepared to utilize this journal, you aren't ready to stop pulling. I highly recommend this helpful book! Irrespective of where you look, thriving people will let you know the need for a morning routine/ daily routine for your success later on, and this book can help you do just that. I have been a locks puller for 23 years now and I've found that the more you seek the more you find the exact same answers glaring back again at you. This publication along with other references and tools including Dr Pasternak's video clips, and 12 step tools were exactly what I needed to consider my understanding and knowing of this "issue" that I must the next level, which really is a trip of recovery. As she mentions in her video it really is almost impossible to recover if you are plagued with guilt and shame from "not have the ability to stop" and just when you think you've mustered up enough stamina to try once again, and that this time it'll be different, you "fail" and lose all wish and stay down for therefore unnecessarily long. This reserve, along with her videos, will educate you on to recognize your picking or pulling as unavoidable results of particular behaviors and states to be, like touching for example, and instead of getting down on yourself which makes it difficult to reunite up you merely say okay I touched and I understand whats likely to happen when I do that, so next time lets just focus on not touching again etc. You can also borrow her self confidence in you at first, which might noises weird, but I did so, and it proved helpful! Don't worry on the subject of falling down because you're still on the road." My abstinence is certainly flourishing, and when I have a set back, its that, a bump in the road along the way up still. Ditch the guilt and shame and begin recovering! Track your progress, see the goal and walk there gradually step by step. I've released the shame that is included with not being able to end and the harm it do to my self-confidence, and now associate a problem as merely " Hey I didn't follow my plan. As with her first book, Pores and skin Picking: The Independence to Finally Quit, Annette offers old solutions to help her visitors recover from chronic hair pulling. I recommend this book to truly get you heading in the proper direction. It is an ideal companion to other books, on line courses and apps. It truly is your companion. Useful checklists certainly are a way to recognize triggers, monitor improvement, and above all, maintain positive thoughts, attitudes, and behaviors to support success. Buy this journal today!



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