



## QUESTIONNAIRE 11.1: UNDERSTANDING THE PROBLEM OF SKIN-PICKING



The first step in overcoming skin-picking is to have a good understanding of the problem.

1. How old I was when I first started skin-picking?

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2. How old I was when skin-picking first became a problem?

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3. What was happening at the time my skin-picking started (e.g. acne or a stressful event)?

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4. Which areas of my body do I tend to pick?

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5. What do I target for picking (e.g. pimples, scabs, mosquito bites, scars, healthy skin)? Has this varied over time?

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6. What methods have I used to pick (e.g. fingers or fingernails, scratching, squeezing, razors, picking, digging or lancing with pins, tweezers)?

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7. What are the typical times of day when I pick and how long does each episode last for?

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8. Why do I want to stop picking now? Am I ready to stop?

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If you are ambivalent about stopping, you might find it helpful to do a cost–benefit analysis? What are the costs and benefits of stopping? What are the costs and benefits of continuing to pick?

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<b>COST-BENEFIT ANALYSIS OF PICKING</b>	
<b>Costs</b> – for you and other people. Consider short- and long-term costs.	<b>Benefits</b> – for you and other people. Consider short- and long-term benefits.

A blank version of this form can be found in Appendix 2, page 392, for further cost-benefit analyses.