

S**SENSORY.**

Do you search for anything specific?
(coarse hair, a sound, smell, or taste)

C**COGNITIVE.**

Thoughts about hair/skin before, after, during pulling or picking.

A**AFFECT (FEELINGS).**

Feelings before, after, during pulling or picking.
(anxiety, sadness, fear, etc)

M**MOTOR/AWARENESS.**

Repetitive movements.
Automatic or focused?

P**PLACE/ENVIROMENT.**

Location when bfrb happens.
(bed, car, bathroom, etc)
Environment
(mirrors, tweezers, etc)