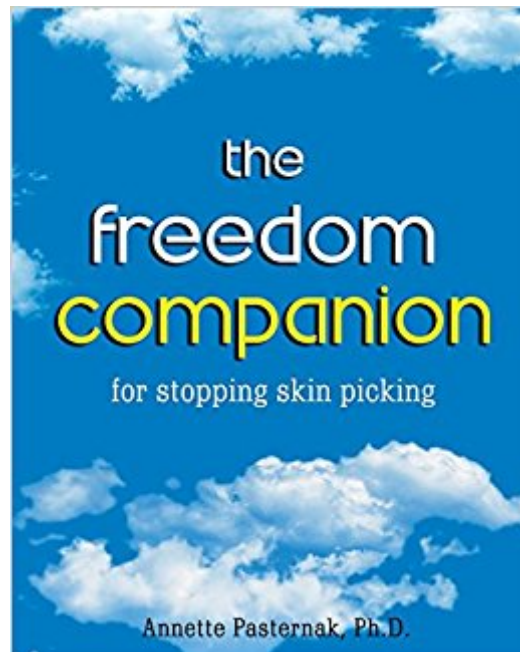


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# The Freedom Companion: For Stopping Skin Picking



## Synopsis

The Freedom Companion for Stopping Skin Picking: A daily dose of positivity and accountability to lead you to success Stopping skin picking is hard. The Freedom Companion makes it easier by getting you to focus on the positive, not the picking How the Freedom Companion helps you reduce your skin picking: Helps you implement what you learned in therapy or from the book, "Skin Picking: The Freedom to Finally Stop." Provides you accountability when you're working alone Employs proven positive psychology mood-lifters Encourages repeated positive actions that reduce picking Makes your efforts more consistent Helps you make habits of actions you need to succeed Acts as a daily reminder of all the various actions you could take Helps you recognize and appreciate your progress Keeps you inspired and on-track for months at a time Helps you figure out what variables affect your picking Gets you to feel more empowered in your life

## Book Information

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## Customer Reviews

Annette Pasternak, Ph.D., also known as the "Stop Skin Picking Coach," is a certified holistic health coach, practitioner of functional diagnostic nutrition (FDN), and is the author of "Skin Picking: The Freedom to Finally Stop." Formerly a research scientist, college professor and high school chemistry teacher who struggled for more than two decades with chronic skin picking, Annette now coaches others around the world to break free from its tenacious grip. She also has an online course for self-help available at [breakfreefromskinpicking.com](http://breakfreefromskinpicking.com). Contact Annette through her website at [www.stopskinpickingcoach.com](http://www.stopskinpickingcoach.com).

I purchased this along with Annette's Skin Picking book for my 10 year old daughter with dermatillomania. She loves it and fills it out carefully every day. It has really helped her identify her triggers and also been a great way for us to talk about her day together in a really gentle non confrontational way. We are both huge fans of Annette Pasternak's work. I showed this to our child psychologist and he was very impressed with both books. Thank you from Sydney Australia.

I am really liking it so far. My favorite parts are the affirmations and what I learned today. So far every day I can identify something I learned about my picking habits that helps me the next day.

This journal is EXACTLY what my clients need to build awareness of skin picking and focus on practicing their strategies. 90 daily pages of journaling. You already know your strategies. Are you using them? Are you logging your urges and strategies? It is a perfect companion to other books, on line courses and apps. Of all the books written in the last 26 years about Skin Picking THIS book offers the most hope. If you are not ready to use this journal, you are not ready to stop picking. Buy this journal now!

The simple truth is we cannot change something we are not aware of. In my own recovery process many years ago, I found that tracking my behaviors, emotions, mental states and sense of spiritual grounding, or connectedness, was a tremendous accelerator for my own BFRB relief. This little book can HELP you get to know yourself better! I thought I was SO aware; "got it all handled," etc., only to find that I was stunned after 4 months of good recordkeeping how much EVERYTHING tied together! I could actually SEE how 3 days before I started menstruating, I would tend to be more judgmental, easier to irritate, eat more junk, and my BFRB behaviors would increase; I could SEE that after the first day of my flow, I would revert to more of my "norm;" I could SEE how having a lack of good sleep for a couple days would lead to more pulling, more picking. I could SEE how arguing with a good friend and not resolving the issue impacted my emotional state and increased my BFRB behaviors; the list went on and on. Once I had this information, it became much easier to identify healthier decisions and help myself manage life much better; I learned what supplements helped with PMS, I learned good sleep hygiene; I learned how to resolve conflict as much as possible; I learned how I felt better and reduced unwanted behaviors if I ate what my body needed instead of what my mind wanted. Today I have more than two decades of solid BFRB recovery under my belt, so do not tell me it cannot be done! I have found that there are many many pathways

to recovery; and tracking can be a tremendous asset! Kudos, Annette! Thanks for doing this! Christina Pearson Founder, TLC Foundation for BFRBs Visionary Director, Heart & Soul Academy for BFRB Living Skills What Annette Pasternak has done is created an easy to use template to bring all your observations together, in a lovely and cohesive little book. Even if you have tracked before, I highly recommend this book as a way to see what's going on in your life today!

I am a licensed psychotherapist specializing in the treatment of Body-Focused Repetitive Behaviors (BFRBs) like dermatillomania, and have long been a fan of Annette Pasternak's work in this area. As with her first book, *Skin Picking: The Freedom to Finally Stop*, Annette offers tried and true methods to help her readers recover from chronic skin picking. This book would be an excellent adjunct to therapy. Helpful checklists are a way to identify triggers, monitor progress, and above all, maintain positive thoughts, attitudes, and behaviors to support success. I highly recommend this helpful book!

I've been using the Freedom Companion for almost two months now and have been finding it very helpful for two reasons. Firstly it is keeping me accountable for my picking because I know that at the end of each day I need to report back to my log and complete the page I started that morning. Secondly, the log is great for noticing patterns in which you may not have noticed before such as your picking correlating to your energy or lack there of that day. Leave this book by your bed and make it a part of your morning and evening routine religiously. I also like to add notes to each page of other contributing factors or important details that resonate with me, such as "I picked a white head today" "I did not pick today" "I did/didn't go up to the mirror too many times today" great log book for skin pickers!

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