



## Skincare

- \* Topicals High Roller to help prevent & treat ingrowns
- \* Fur oil to manage ingrowns
- \* Dickinsons Witch Hazel Wipes are antiseptic, cleansing & refreshing
- \* Spot treat areas with a Hibiclens wash
- \* Exfoliate lips with lukewarm water & a lip brush
- \* Wash hands before touching each other to prevent transferring any skin bacteria or infections from open sores

## Discussion topics

- \* "I'll lead you on how much of me I'm comfortable showing"
- \* Everyone's picked, for me it's a compulsive disorder known as a BFRB that 1/20 have
- \* Don't say if my skin looks good or bad which puts morality behind it & instead ask how my progress is going
- \* I'll let you know if any areas are tender to touch
- \* Understanding this mental illness is attractive

## Blockers

- \* Sneak thigh highs under sweatpants to block hands from "checking" under loose clothing
- \* Rock black fishnets for a tactile component to these breathable blockers
- \* Try keeping leggings on for 2 days and share with your partner to receive the level of unquestionable support you deserve
- \* Wear matching onesies for the two of you that prevent finger scanning
- \* Put bandaids on your partner for them
- \* Moisturize each other, practicing gentle touch and staying slippery which makes picking harder

## Alter Environment

- \* Dim lights with candles to set the mood and limit any picking triggers
- \* Try soft white light or colored light bulbs with the lights on to embrace the skin you're in
- \* Use dark or patterned bed sheets blend accidental bloodstains better
- \* Goal oriented? Try white sheets to challenge yourself to keep them that way
- \* Roll around in satin or silk sheets that won't snag on rough or scabbed skin

## Activities

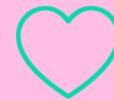
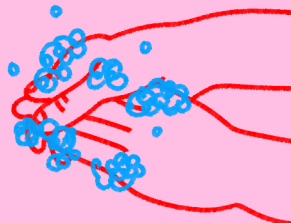
- \* Do a pottery class for sensory, creative time together
- \* Try face painting each other to redefine FaceTime
- \* Go beachcombing, investigating the sands instead of your skin
- \* Make friendship bracelets for each other and hold hands after putting them on
- \* Complete a provocative puzzle, achieving something together
- \* Read Lauren's Skin Picking story together in The Book of Amazing People
- \* Get manicures together

## Take action

- \* Watch Lauren's story in Vice together
- \* Ask your partner to join our newsletter to learn more and stay in the know
- \* Come to our next bring a loved one to support group night
- \* Follow our hashtag social media with #PickingMe

 **Ember - Black lives still matter**  
@EmberExplores

I want to date, but I just can't seem to stop being so ugly [dermatillomania/compulsive skin picking], so I just can't.



XOXO



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