


Impact Video

Instructions & Questions

Filming Requests, please:

- Record this short video on your phone vertically or using your laptop & an app like Zoom to record you
- Have a quiet environment, speak loud and clearly
- Try to record with a window light or extra light on you
- Try to avoid wearing any logos
- If you can try answering all 13 questions in one take, that is the great
- You can also stop and start recording in between each answer
- Try keeping answers to a sentence or 2, we're aiming for a short yet impactful video
- We hope to show why we are a valid cause worthy of funding
- I appreciate you so much for lending your experience and story to help me do so!

Read each question aloud and answer the blank:

1. My name is _____ and I'm a _____ from _____
 2. I have Dermatillomania and have been skin picking for _____ years
 3. I found Picking Me in _____ and I'm so _____ I did
 4. Picking Me's founder Lauren McKeaney is _____
 5. Before finding Picking Me my skin picking affected my life by _____
 6. Picking Me has changed my life by _____
 7. Lauren has helped me live with skin picking by _____
 8. Picking Me's donor-supported support group helps me by _____
 9. If you are considering donating to Picking Me I would ask you to do so because _____
 10. Picking Me has helped me because _____
 11. I want Lauren to know that she has _____
 12. I would like to thank and say to you donors _____
 13. I'm Picking me over Skin Picking because _____
 14. Picking Me had helped me because I can now _____
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Please email your single video file to lauren@pickingme.org