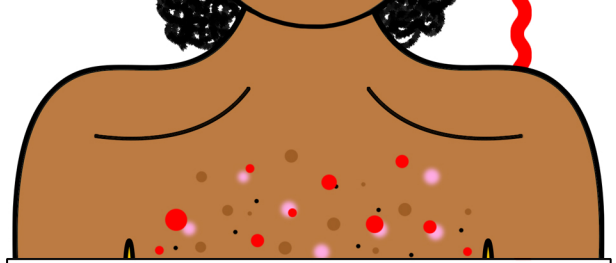
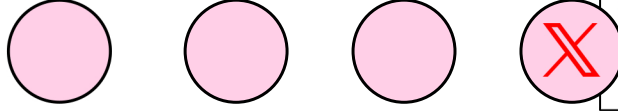


Chest / Breast Picking Mngmt Tips



melanie @twoheadedgrll · 3/22/21
fantasizing about having clear skin on my upper chest and back when in reality its like a connect the dots of skin picking scars ❤️

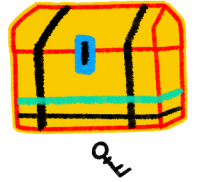
Prevent Triggers

- Numb with an **Ice Roller** across the chest
- Stay slippery with an occlusive like **Aquaphor**
- **Plan for your period** and breast acne if you menstruate
- Use **Nipple Cream** to soften triggering dryness
- Wear **Silk or Soft Tops** when sleeping to prevent snagging sores
- Apply **Body Concealer** to limit seeing red if that triggers you to explore more



Mngmt Tips

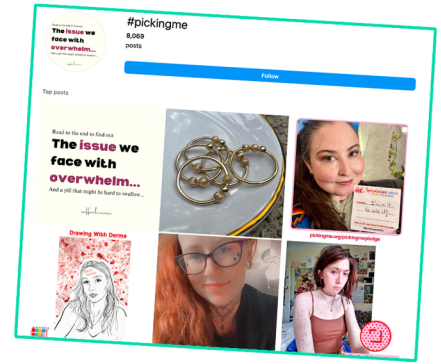
- Cover fingertips with **Guitar Finger Covers** while reading
- Alert your fingers to cheat scanning with **Hydrocolloid Patches**
- Slip in an **Elbow Brace** when watching tv to demobilize hand to chest action
- **Change in the dark** to limit vision
- Practice **Gratitude Journaling** for 5 mins before sleep to set a calm headspace
- Get **Fake Nails or Acrylics** to make grabbing breast scabs hard
- Wear a **White Tee** when lounging to deter you from staining it with blood
- Hide picking tools in a **Lock Box**
- Treat ingrown nipple or chest hairs with **Topicals High Roller**
- Try breath work like the **Double Inhale Method** when hands get loud



Express Yourself



- Try on **Lingerie** that showcases what you do & don't want to cover
- Try showing some **Cleavage** if that's your thing
- Meet your picking marks with love by adorning them with **Temp Tattoos, Glitter, or Gems** on your collar bone
- Cover sores with **Concealer** if it feels better to do so
- **Be Prepared for Questions** about your skin but know you



don't owe anyone answers

- Rock **Chest Jewelry**

Take #PickingMe Action

- Sign up for our Newsletter at pickingme.org/emailsingup
- Follow **#PickingMe** & turn on notifications
- Order a #PickingMe hoodie at bonfire.com/pickingme-1 & tighten the drawstrings
- Join support group to further discuss acceptance at pickingme.org/onlinesupportgroup
- Donate to our nonprofit to maintain our mission at pickingme.org/donate

Blockers
*Use these items to deter restless finger energy from wandering down your chest, looking for something to level:

- Fuzzy Scarf
- Turtleneck
- Ruffly Bib
- Neck Tie
- Necklaces
- Gaiter
- Faux Collar
- Band-aids

