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/emailssignup
- 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
- Bandails

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