Mirrors

& Skin Picking Disorder tips

Cover Up!

When not in use, keep your mirrors covered with a scarf, sheet, window clings or even messages of self love.

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Mix It Up!

To avoid mirror triggers, use the kitchen sink to brush your teeth, mouthwash or to wash your face.

Stay Far!

Prevent zooming in on your skin by staying at least an arm's length away from the mirror. Place an item or strip of tape to signify a boundary not to cross.

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Time It!

Set an alarm when you're in front of a mirror to help snap you out of a "focused" picking trance.

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