Values –
Why is this worth doing?

Values work helps your child to consider reasons for putting in all of this work. It is about more than just growing his/her hair out.

"How has fighting your urges affected you?" exercise

Your child listed areas of his/her life that have been affected by trying to stop the urges to pull. The most obvious answer is a loss of hair from pulling in response to urges. But there were likely other, more important things that s/he noticed.

Commonly people report:

- feelings of embarrassment and/or shame
- having a lack of confidence
- being less willing to do things that they would otherwise enjoy (like swimming, socializing, etc.)

Homework

- **Pay attention to hair-pulling episodes and reactions to the urges to pull (what thoughts, emotions, sensations come up?)**
  Just take note of them. We are just working on getting to know them right now.
  If they want to talk to you about their urges—great! If not—also great! Your child may prefer to discuss it with his/her therapist.

- **Continue to think about what fighting urges has cost? How will learning to deal with urges help?**
  Keep the big picture in mind. This is more than just stopping pulling. It is about getting your life back.
  Same here. Your child may or may not want to talk to you about these things. Either way is completely fine. Your job is to be there for them and offer support.

- **Use those exercises!**
  Every single time you child has an urge to pull or notices that they have started pulling. We are building a habit. Takes persistence.

- **Stimulus control**
  Keep implementing and modifying as necessary. Keep what works, modify or get rid of things that don't.