

Trichotillomania

How to Stop Pulling Your Hair Out

By Gina Pickersgill

Chronic hair pulling is known as a condition called *Trichotillomania*. People who suffer from this condition are prone to manifestations that pertain to noticing what's *not* working. So they choose a system of release that gives them a focus of intense scrutiny which is why they are not relaxed. Ironically the system of release itself is what is making them tense.

So what can be done about this issue?

What can be done is that they can take a view of being at peace with what ever is causing them to be anxious in the first place then they can begin to notice what's right about the issue they are facing in a more positive light.

The following 9 step process is designed for people who want to learn how to stop pulling their hair and begin to look forward to a new way of life that is more in keeping with who they really are.

Step 1.

Think about a time when you have been engaged in the behavior of 'hair-pulling'. Imagine it in the same way as you would as if you were currently doing it, but without actually doing in real time. Just imagine it. See what you would see, hear what you would hear and feel what you would feel, both tactile and viscerally/internally. Put that image aside for later as it will form part of the process steps later on in the process.

Step 2.

Think about a time when you were calm and relaxed. Perhaps see an image of yourself on holiday or when you were talking on the phone with a friend.

Step 3.

Begin to imagine that you are this relaxed and that you are actually in the relaxing situation so that you feel as relaxed as you did in that situation. Now begin to slow down your breathing even further so that you see yourself beginning to really feel calm and at ease at a level that is appropriate for the situation you are in. You should be breathing slower and deeper and also shallower into your belly so that you can hardly hear it.

Step 4.

Now make an image of yourself in this relaxed state and imagine what you would look like if you are this calm and relaxed now.

Step 5.

Start to describe how you look, feel and what you see happening in your body, and how you are breathing, any temperature - warm feelings, tastes, smells, other sensations etc. "My muscles are getting softer, my body is feeling warm and tingly, I can hear my breathing beginning to slow down, I can feel my eyes beginning to close".

Step 6.

Whilst in this state notice what ideas come up about how you will behave differently whilst feeling this calm in the old hair pulling situation.

Step 7.

Thank the old hair pulling behavior for what it has done for you and let it go - to make way for the new ones that you came up with.

Step 8.

Make an image of how these ideas are going to change your life for the better. What will you be doing differently? How much more time will you be spending doing the things that you enjoy? What new hobbies and past-times will you enjoy? How much more happy and relaxed will you be doing all the things that bring you challenges and new adventures? Etc. List as many of the ideas and their benefits down that you can think of.

Step 9.

Now imagine that you are already in that beneficial space and are living a life free of the old behavior and enjoying the new ones now... see, hear and feel it as if you are actually looking at your life through your eyes in full color and 3D.

Learn how do these steps with one to one coaching with the author.

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