

## No Picking Contract

Some people pick their skin as a nervous habit, while others do so in an attempt to make a blemish go away more quickly. Regardless of why you pick at your skin, the results of picking are negative and lead to scarring that can linger for months.

The first step in your skin picking recovery is to thoroughly understand this concept.

When you get the urge to pick at your skin, ask yourself this question: Would I rather have some blemishes that I can treat and cover until they clear up or acne scars from picking that can take even longer to heal?

- Do you promise to recite this question in your head when the urge comes to pick? **Circle: YES or NO**

You have the control and power!

- Am I willing to practice self-control for the sake of clearer skin? **Circle: YES or NO**

Remember, a closed bump from a blemish is a lot easier to conceal (and is less noticeable) with makeup than a red, oozy, scabbing wound. The choice is yours.

- Do you promise to practice self-control with your picking? **Circle: YES or NO**
- I can't keep my hands off my face or body and I think it may be Dermatillomania so I will consult a doctor. **Circle: YES or NO**

*Please sign this pledge to yourself and begin the journey to no longer picking at your skin!*

Signature: \_\_\_\_\_

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### HELPFUL PRODUCTS FOR NO PICKING

- *The Renée Rouleau No Picking Twisty Toy* helps to keep your hands busy and off your face. Ideal to use when at your desk, on the couch watching TV or anytime you feel the need to touch your face or pick.
- Did your blemish leave a red, dark or purple mark? Our *Post-Breakout Fading Gel* works very well to fade acne marks and spots.
- The best way to avoid picking at a blemish is to get it to go away fast! Try *Renée Rouleau Night Time Spot Lotion*.