

No Picking Contract

Regardless of why you pick at your skin, the results of picking are negative and lead to immediate and long-term discoloration and scarring.

- Whenever I get the urge to pick at my skin, I will stay calm by taking three slow, deep breaths. Circle: YES or NO
- I will ask myself “*If I pick at my face, will I make it look worse?*” Is the satisfaction of picking worth it?” Circle: YES or NO
- I will recite to myself “*A closed bump from a blemish is a lot easier to conceal and be less noticeable than a red, oozing wound with a scab.*” Circle: YES or NO
- I will share my skin picking struggles with someone who I trust and will ask them to help keep me accountable in moments of weakness. Circle: YES or NO
- Am I willing to practice self-control for the sake of clearer, less scarred skin? Circle: YES or NO
- I will tape this contract on my mirror or somewhere else where I can see it regularly to keep it top of mind. Circle: YES or NO
- Will I be happier if I can kick my skin picking habit? Circle: YES or NO

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

Signature _____

Helpful tools to stop picking

- Search the **Renée Rouleau Blog** for helpful tips to stop picking at your skin.
- Purchase the **Renée Rouleau No Picking Twisty Toy** to keep your hands busy and off your face.
- Prevent blemishes from appearing so you’re less likely to pick at your skin. The Renée Rouleau line has many products to keep skin clear such as **Rapid Response Detox Masque**, **AHA/BHA Blemish Control Cleanser**, and **BHA Clarifying Serum**.
- Make blemishes go away fast with the least amount of scarring by using all the blemish tools and treatments found in the **Renée Rouleau Zit Care Kit**.