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.