JOIN THE BFRB CHANGE COLLECTIVE

Where breakthroughs are commonplace in finding BFRB Freedom.



What is the BFRB Change Collective?

The Collective brings together people with BFRB conditions like hair pulling, skin picking, and nail biting. It's a private and supportive community where people share stories, build relationships, and practice healthier habits together so that you gain confidence, control your unwanted behaviors, and create lasting lifestyle change.

The Collective will empower you to:

- 1. Find a sense of hope to control your BFRB that you didn't think was possible.
- 2. Shatter shame and build self-confidence.
- 3. Learn skills to build resilience and finally stop the replapses.
- 4. Find freedom from the heavy burden of your BFRB.

www.habitaware.com/community

Here's how you can learn to take control in the BFRB Change Collective:

- Take action with Weekly Challenges to get you results
- Get support from Peer Coaches who have been there and achieved results.
- · Accountability check ins to keep you on the path.
- Master your new skills with virtual courses.
- · Learn from others who have come before you and succeeded.

Stop DoomScrolling on social media and start HopeStacking in The Collective: Social Media is an audience where the Collective is community.

Here's what members are saying:

"I really love the personal stories, inspirations, the big list of replacement strategies and all of the rich content and connections." –EV "In the Collective we are in a place of hope. I want people to know there will be a time that they won't be weighed down by the heaviness of their BFRB." –NF

"I felt so comfortable and welcomed. It's such a great group!" –LF

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The BFRB Change Collective is not a substitute for medical advice. By joining you are acknowledging and agreeing to our medical disclaimer: <u>https://habitaware.com/medical-disclaimer</u>