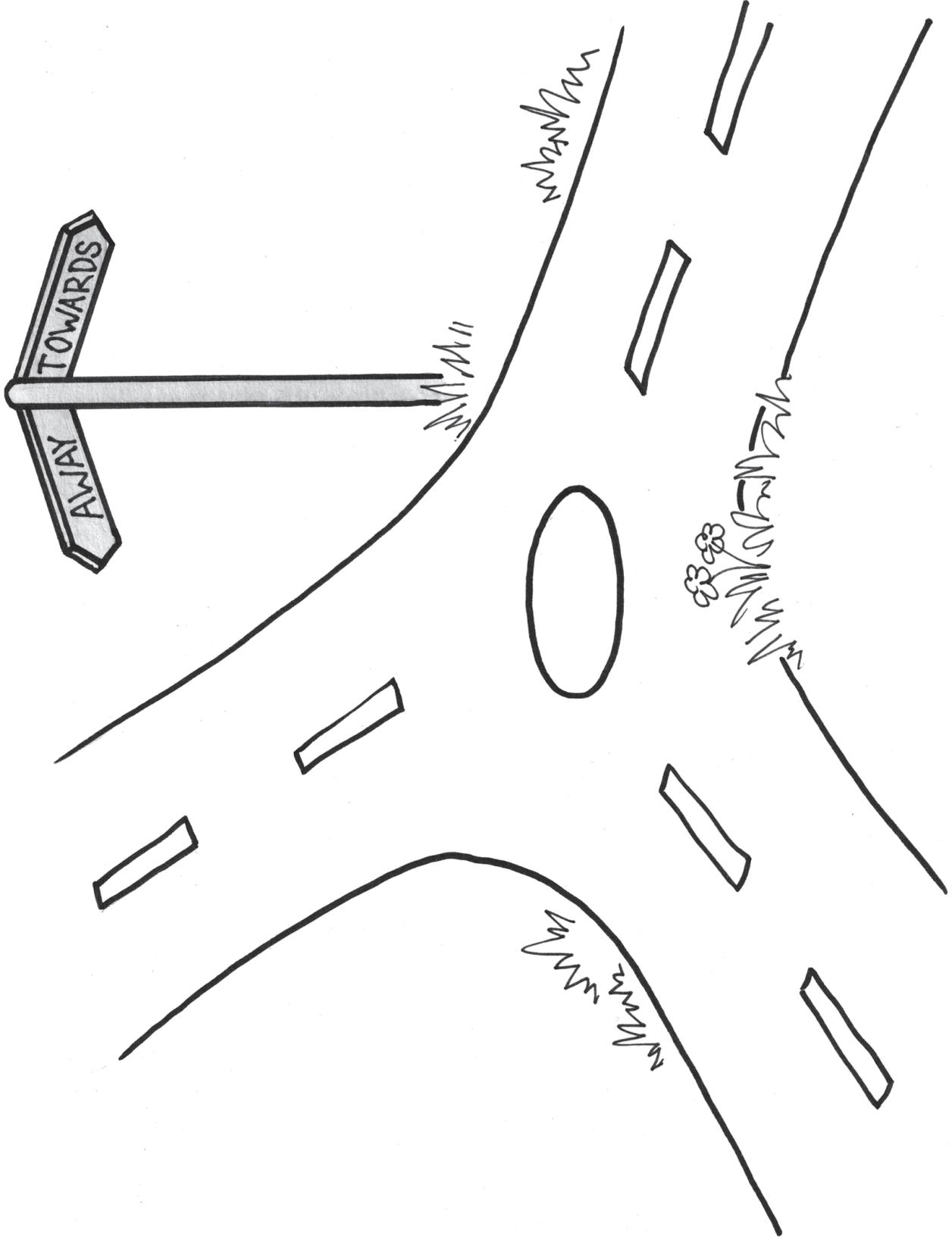




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MY DIRECTION



..... 5 W's Chart

Understanding My BFRB

Who is around me?	What am I doing and what is around me?	When is this happening?	Where am I?	Why is my BFRB being SET up?
My mom	Watching TV, sitting on the sofa	In the evening, after dinner	In the family room	S (ensations): Itchy sensation on the head E (motions): Tired T (houghts): "I need to get rid of this itch." "This feels good." S (ensations): E (motions): T (houghts): S (ensations): E (motions): T (houghts): S (ensations): E (motions): T (houghts): S (ensations): E (motions): T (houghts):

What seeing sensation tools might you like to use? What might you like to look at instead when what you see sets up your BFRB? Draw or write your ideas in the boxes below:



What are MY seeing sensation tools?		

What hearing sensation tools might you like to use? What might you like to listen to instead when what you hear sets up your BFRB? Draw or write your ideas in the boxes below:



What are MY hearing sensation tools?		

What touching sensation tools might you like to use? What might you like to touch instead when what you touch sets up your BFRB? Draw or write your ideas in the boxes below:



What are MY touching sensation tools?		

What smelling sensation tools might you like to use? What might you like to smell instead when what you smell sets up your BFRB? Draw or write your ideas in the boxes below:



What are MY smelling sensation tools?		

What tasting sensation tools might you like to use? What might you like to taste instead when what you taste sets up your BFRB? Draw or write your ideas in the boxes below:



What are MY tasting sensation tools?		

Can you think of other ideas for things that can block your BFRB?
Draw or write the blockers you could use below:



What are MY blocker tools?		

Feeling Flippers	
Bored	Stressed/Anxious
<ul style="list-style-type: none"> ✓ Write a story comic strip, or poem ✓ Play or learn an instrument, like guitar ✓ Go on a bike ride ✓ Jump on a trampoline ✓ Learn a skill like a handstand or backbend ✓ Make bracelets ✓ Paint or draw ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ Take a bath (add a glowstick, bubbles, or bath salts for colored fun!) ✓ Listen to your favorite music ✓ Read a book ✓ Coloring ✓ Take a walk and focus on sights, smells, and sounds ✓ Make slime or play with playdough ✓ ✓ ✓ ✓
Sad	Angry
<ul style="list-style-type: none"> ✓ Practice a sport like shooting basketballs or kicking a soccer ball or playing catch ✓ Talk to a family member or friend ✓ Watch funny videos ✓ Play with a pet ✓ Write a list of things you are grateful for ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ Do something nice for someone like make them a card or bring them a treat or say something nice to them ✓ Watch your favorite show or a new movie you have been wanting to watch ✓ Play a favorite game like a board game or card game or video game ✓ Do a puzzle or build with Legos ✓ Dance to upbeat, fun music ✓ ✓ ✓ ✓
Other Emotion: _____	Other Emotion: _____
<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓

Can you think of any other five senses ideas? Write them below:

See	Hear	Touch	Smell	Taste

Changing the Error Message

Error Message Thought	How does this make me feel and behave?	Is this thought helpful or unhelpful?	What kind of error message is it?	What is a more helpful thought?	How does that new thought make me feel and behave?	Is this thought helpful or unhelpful?
I can't stop biting and picking my skin.	Sad, guilty; I go to my bathroom and pick.	Unhelpful	Can'ting	I am learning new ways to give my body what it needs. With practice, I can pick less.	Feeling better, more hopeful. I will try to use my new tools instead of going to the bathroom to pick.	Helpful

..... 's Rewards Chart

STRATEGIES	M	T	W	Th	F	Sa	Su

Reward	Points

Grab your markers, crayons, or colored pencils. You might even grab some stickers, googly eyes, or anything fun to decorate your beast and draw a picture of you and your beast doing something you love. Maybe your beast looks different when it's having fun—maybe it's smaller, or it's smiling instead of looking sneaky. Maybe it even cheers you on!

