Self-Monitoring Log

Key: S=scalp; EB=eyebrow; EL=eyelashes; CH=chin; B=beard; P=pubis; L=legs; A=arm; O=other

Date	Time of Day	Length of pulling episode	# hairs pulled & body area	Rate urge to pull (0-10)	Situation and Activity	Describe emotions and thoughts	What did you do with the hair after pulling?	When did you notice the hair pulling (before, during, after)? What did you do to stop or prevent the pulling (if anything)?