

Trichotillomania Awareness Journal Worksheet

Daily Reflection Prompts

1. Today I felt the urge to pull when...

2. What I was doing at the time:

3. What I was feeling emotionally:

4. Where I was (location/environment):

5. What triggered the urge (if known):

6. Did I use any tools (tape, fidget toy, EFT, etc.)?

7. What helped or didn't help?

8. How do I feel after the episode or urge passed?

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9. What might I try next time I feel the urge?

10. One kind thing I can say to myself right now:
