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Body-Focused Repetitive Behaviors Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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What Are Body-Focused Repetitive Behaviors (BFRBs)

Body-Focused Repetitive Behaviors (BFRBs) are a group of psychological disorders characterized by repetitive, self-grooming behaviors that result in damage or injury to one's own body or interfere with daily functioning.

BFRBs often serve as coping mechanisms for underlying emotional distress, anxiety, stress, or boredom. They may provide temporary relief or a sense of control but can perpetuate a cycle of shame, guilt, and worsening symptoms over time. Some common BFRBs include:

1. Trichotillomania: This is a disorder where individuals have an irresistible urge to pull out their own hair, resulting in noticeable hair loss. Hair pulling often occurs from the scalp, eyebrows, or eyelashes.

2. Dermatillomania (Excoriation Disorder): Also known as skin picking disorder, this involves recurrent picking at one's skin, leading to tissue damage, scarring, and infections.

3. Onychophagia: This is characterized by chronic nail biting, which can lead to damaged cuticles, bleeding, infection, and even permanent nail deformities.

4. Dermatophagia: This involves compulsive biting or chewing of the skin, typically on the fingers, hands, or lips. It can result in tissue damage, bleeding, infections, and pain.

5. Thumb-sucking: While thumb-sucking is normal in infants and young children, it can become a BFRB when it persists beyond an age where it is developmentally appropriate and begins to cause oral health issues or interfere with daily functioning.

Do You Struggle With BFRBs?

- ☐ Do you frequently engage in repetitive behaviors like hair pulling, skin picking, nail biting, or thumb-sucking?
- ☐ Has this behavior caused noticeable damage to your hair, skin, or nails?
- ☐ Do you feel a strong urge or compulsion to engage in these behaviors?
- ☐ Does the behavior provide temporary relief or gratification but also cause distress or embarrassment afterward?
- ☐ Have you tried unsuccessfully to stop or reduce these behaviors on your own?
- ☐ Do you find yourself spending significant time and effort trying to conceal or cover up the effects of these behaviors?
- ☐ Has the behavior negatively affected your social life, relationships, or daily functioning?
- ☐ Do you often feel ashamed, guilty, or anxious about these behaviors?
- ☐ Have you noticed an increase in these behaviors during periods of stress or anxiety?
- ☐ Are you preoccupied with thoughts related to these behaviors?

If you answered yes to many of these questions, then BFRBs may be a problem for you.

Note: In the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5th Edition), Body-Focused Repetitive Behaviors (BFRBs) are not categorized as a distinct disorder. However, specific BFRBs such as trichotillomania and excoriation disorder are recognized and included in the manual as separate diagnoses.

Increase Self-Awareness

1. Describe your BFRB behaviors in detail.

2. What does it feel like when you engage in them?

3. Reflect on the impact of your BFRBs on your daily life. How do they affect your relationships, work/school performance, or self-esteem? Are there any specific instances or experiences that stand out?

4. Write about your motivations and desires to stop or reduce your BFRBs. What are your goals, and why do you want to make a change? How do you envision your life without these behaviors?

A Letter to Your BFRB

This exercise can be a helpful tool for expressing your feelings and thoughts towards your BFRB (Body-Focused Repetitive Behavior). It is meant to provide a sense of release and self-reflection.

You may use the guided letter or choose to write freely.

Dear [Name of Your BFRB] _____

Reflect on when it started, how it has evolved over time, and any patterns or triggers you have noticed.

Talk about how your BFRB makes you feel, the impact it has had on your life, and any frustrations or challenges you've faced as a result.

Express your desire for change. This can include your commitment to overcoming it and finding healthier coping mechanisms.

Conclude the letter by expressing words of self-compassion and acceptance. Remind yourself that you are more than your BFRB and that you deserve love, support, and healing.

Take a moment to read through the letter, allowing yourself to absorb the emotions and thoughts you have expressed.

If you feel comfortable, you can choose to keep the letter as a personal reflection or symbolically release it by burning, tearing, or discarding it, signifying your intention to let go of the negative impact of your BFRB.

Stages of Change

The stages of change (Prochaska and DiClemente 2005) emphasize the concept that behavioral change is a process rather than a final outcome.

These stages will help you understand where you are in terms of readiness to make changes in your behavior.

1. Precontemplation: In this stage, individuals may not fully recognize or acknowledge their BFRB as a problem. They may not have any intention of changing or seeking help at this point.

2. Contemplation: In this stage, individuals start to become aware that their BFRB is causing distress and interfering with their daily lives. They begin to consider the possibility of change and may start gathering information about treatment options and support.

3. Preparation: At this stage, individuals have made the decision to change their BFRB behavior. They may be actively seeking out resources, researching treatment modalities, and preparing themselves mentally and emotionally for the upcoming changes.

4. Action: In the action stage, individuals begin implementing strategies and techniques to manage and reduce their BFRB behavior. This may involve therapy, support groups, behavioral techniques, and other interventions to address the underlying causes and triggers of the behavior.

5. Maintenance: In this final stage, individuals have successfully made changes to their BFRB behavior and are focused on maintaining those changes over the long term. They continue to use coping mechanisms, engage in ongoing therapy if needed, and prioritize self-care to prevent relapse.

1. In which stage do you currently find yourself?

Based on your stage of change, answer the following questions:

1. Precontemplation: if you're currently here:

- What are your thoughts and beliefs about your BFRB? How do they impact your daily life?

- Are there any challenges or barriers preventing you from recognizing the need for change?

2. Contemplation: if you're currently here:

- What are the reasons you are considering changing your BFRB behavior?

- What fears or concerns do you have about making these changes?

- How does your BFRB align with your values and long-term goals?

3. Preparation: if you're currently here:

- What steps have you taken so far to prepare yourself for change?

- What resources or support systems do you need to assist you on this journey?

- How will you cope with potential setbacks or challenges along the way?

4. Action: if you're currently here:

- What strategies or techniques are you using to manage your BFRB behavior?

- How do these interventions make you feel? Are there any positive changes you've noticed?

- What obstacles have you encountered during the action phase, and how have you overcome them?

5. Maintenance: if you're currently here:

- Reflect on the progress you've made in managing and reducing your BFRB behavior.

- How do you plan to maintain your gains and prevent relapse?

- What self-care practices and coping mechanisms will you continue to prioritize?

Remember that progressing through these stages is not always linear, and some individuals may move back and forth between the stages.

Building Motivation

1. Reflect on your current situation: Take some time to reflect on your life as it is right now. What aspects of your life would you like to improve or change? Are there any specific goals you have in mind?

2. Visualize your desired outcome: Imagine yourself in the future, with the changes you desire already implemented. How does your life look? How do you feel? Envision the positive impact these changes would have on your overall well-being and happiness.

3. Identify your reasons for change: Write down the reasons why you want to make these changes. Are you seeking better health, improved relationships, personal growth, or a sense of fulfillment? Be clear about why these changes are important to you personally.

4. Set achievable goals: Break down your desired changes into smaller, manageable goals. Start with one goal at a time, ensuring they are realistic and measurable. This will give you a clear path to follow and a sense of accomplishment as you achieve each milestone.

5. Visual reminders: Create visual reminders of your goals and the changes you want to make. You can write them down and place them in visible locations or create a vision board with images that represent your desired outcomes. These reminders will help keep you motivated and focused on your journey.

Mindfulness for BFRBs

Mindfulness involves paying attention to the present moment without judgment. By practicing mindfulness, you can become more aware of your thoughts, emotions, and bodily sensations associated with BFRBs, interrupt the habit and potentially choose different responses.

1. Find a quiet and comfortable space where you can sit undisturbed for a few minutes. Close your eyes and take a few deep breaths, allowing your body to relax with each exhale.
2. Begin to shift your attention to the sensations in your body, specifically focusing on any areas where you typically experience urges or tension related to your BFRB.
3. As you bring awareness to these areas, acknowledge any physical sensations or discomfort without judgment or criticism. Observe the sensations without attempting to change them.
4. Now, shift your focus to your breath. Notice the sensation of each inhale and exhale as the breath moves in and out of your body. If thoughts or distractions arise, simply notice them without getting caught up in them, and gently bring your focus back to your breath.
5. When you feel ready, begin to expand your awareness to the rest of your body, noticing any areas of tension or relaxation. Take a moment to reflect on any emotions or thoughts that may have arisen during this practice, again, without judging or analyzing them.
6. Finally, slowly open your eyes and allow yourself to return to the present moment, carrying the sense of mindfulness and self-awareness with you as you continue your day.

Challenge Your Beliefs

1. What thoughts or beliefs do you notice before engaging in your BFRB?

The following are some common examples:

- ☐ "I need to do this to relieve stress or anxiety"
- ☐ "I'll just do it one more time, and then I'll stop"
- ☐ "If I don't do it, I'll feel tense or uncomfortable"
- ☐ "Nobody will notice or care if I do it discreetly"
- ☐ "I'm overwhelmed, and this is the only way to calm down"
- ☐ _____
- ☐ _____

2. What thoughts or beliefs do you have about your ability to control your BFRB? The following are some common examples:

- ☐ "I should be able to stop this if I just tried hard enough"
- ☐ "I'm weak or lack willpower"
- ☐ "I'm the only one who does this, and I'm abnormal"
- ☐ "If others find out, they will judge or reject me"
- ☐ "I'll never be able to stop this behavior"
- ☐ _____
- ☐ _____

3. What thoughts or beliefs do you have when you experience a relapse after a period of being able to resist engaging in your BFRB? The following are some common examples:

- ☐ "I've failed, and all my progress is lost"
- ☐ "I'll never be able to stop, so why bother trying?"
- ☐ "I'm weak-willed or lacking self-control"
- ☐ "This is a sign that I'll never overcome my BFRB"
- ☐ "I'm alone in this struggle"

☐ _____

☐ _____

4. Choose one negative thought or belief and challenge it using the following questions:

Negative thought: _____

1. Is this thought based on facts or on my emotions?

2. What is the impact of holding onto this negative thought? Does it serve me in any way?

3. What advice would I give to a friend who had this thought or belief?

Monitor Your BFRBs

Keeping a record of your BFRB to examine any patterns. Record the time of day of the BFRB episode, the duration, the area of the body targeted, where you were and what you were doing, any thoughts, emotions, or bodily sensations noticed, and why you stopped engaging in the behavior.

Time	Duration	Body area	Situation	Thoughts/feelings/bodily sensations	Why you stopped
e.g. 4:00 PM	10 minutes	Hair pulling (scalp)	Sitting alone in my room, watching TV	- Thoughts: "I can't focus on the show, I need to pull my hair." - Feelings: Anxious, restless, overwhelmed - Bodily sensations: Tension in my scalp	I stopped because I heard someone approaching my room and didn't want them to see me engaging in this behavior.

Time	Duration	Body area	Situation	Thoughts/feelings/bodily sensations	Why you stopped

Identify Triggers

Explore any underlying stressors or factors that may contribute to your BFRBs. Are there particular stressors, anxieties, or negative emotions that seem to correlate with the intensity or frequency of these behaviors?

The following is a list of common triggers for BFRBs. Check off the ones you relate to and add more to the list:

- ☐ Stressful situations
- ☐ Anxiety or panic attacks
- ☐ Fatigue or lack of sleep
- ☐ Boredom
- ☐ Feeling overwhelmed
- ☐ Frustration or irritability
- ☐ Social situations or gatherings
- ☐ Performance pressure
- ☐ Body image concerns
- ☐ Feeling trapped or unable to control a situation
- ☐ Sensory sensitivities (e.g., certain textures or sounds)
- ☐ Changes in routine or environment
- ☐ Feeling lonely or isolated
- ☐ Conflict or arguments
- ☐ Negative self-talk or self-criticism
- ☐ Procrastination or feeling unproductive
- ☐ Financial stress
- ☐ Academic or work pressures
- ☐ Grief or loss

- ☐ Certain medications or substances
- ☐ Perceived or actual judgment from others
- ☐ Body pain or discomfort
- ☐ Watching or hearing about others engaging in BFRBs
- ☐ Anticipation of a stressful event
- ☐ Physical or emotional fatigue
- ☐ Fear of rejection or abandonment
- ☐ Social comparison or jealousy
- ☐ Seasonal changes or weather conditions
- ☐ Feeling rushed or under time pressure
- ☐ Negative body image triggers (e.g., mirrors, scales)
- ☐ Memories of past traumatic experiences

☐ _____

☐ _____

☐ _____

Develop A Plan

Use the triggers you identified above to create a plan of action that will minimize your vulnerability:

Trigger	Minimizing Vulnerability Plan
e.g. Feeling bored or idle	Develop a structured daily routine that includes engaging in activities you enjoy, fulfilling responsibilities, and practicing self-care.

Create Physical Barriers

Barriers or blockers are tools you can use to both increase awareness of your BFRB and prevent the behavior. The following are some ideas:

Hair pulling (Trichotillomania)

- ☐ Protective coverings such as hats, scarves, or headbands
- ☐ Wet hair/lotion
- ☐ Hairstyles such as ponytails or braids
- ☐ Gloves or finger covers or finger to make it more challenging to pull.

Skin picking (Dermatillomania)

- ☐ Bandages or adhesive tape
- ☐ Gloves or finger covers or finger
- ☐ Long pants/sleeves/socks
- ☐ Posture change, such as “no leaning in” when looking in the mirror
- ☐ Maintaining short and smooth nails

Nail biting (Onychophagia)

- ☐ Bitter-tasting nail polish
- ☐ Chewing gum
- ☐ Gloves or finger covers or finger

Lip biting or picking

- ☐ A smooth, non-irritating lip balm, lip mask, or medical tape
- ☐ Gloves or finger covers or finger

Eyebrow or eyelash pulling (Madarosis)

- ☐ Wearing gloves
- ☐ Eyeglasses
- ☐ Using bandages

Your BFRB: _____

Barriers:

☐ _____

☐ _____

☐ _____

☐ _____

Habit Reversal Training

Habit reversal involves replacing your BFRB with a competing response that is incompatible with the behavior.

For example, if you engage in hair pulling, you could learn to clench your fists instead.

The following are some examples of competing response. Check off the ones you think you can try or add more to the list:

- ☐ Fist clenching
- ☐ Fidget toys/ stress balls
- ☐ Clasping/folding your hands
- ☐ Holding an object with both hands
- ☐ Using textured fabrics
- ☐ Hand stretching exercises
- ☐ Using lotion or hand cream
- ☐ Applying cold or hot packs to the area
- ☐ Chewing gum
- ☐ Using a hand or wrist brace
- ☐ Snapping a rubber band on your wrist
- ☐ Drawing or coloring patterns on your skin
- ☐ Practicing muscle tensing and releasing exercises
- ☐ Focusing on a specific object or picture when feeling the urge
- ☐ _____
- ☐ _____
- ☐ _____

Practicing Healthier Coping Mechanisms

Start developing healthier habits to cope with everyday stress. The following are some strategies you may find helpful:

- 1. Develop a Distraction Toolbox:** Create a toolbox of healthy distractions that you can turn to when facing triggers. Fill it with items such as stress balls, fidget toys, puzzles, or coloring books to keep your hands busy and redirect your focus.
- 2. Practice Stress Management Techniques:** Explore and incorporate stress management techniques like deep breathing exercises, mindfulness meditation, yoga, or listening to calming music. These techniques can help reduce overall stress levels and minimize vulnerability to triggers.
- 3. Engage in Regular Physical Exercise:** Physical activity has been shown to reduce stress and promote overall well-being. Establish a regular exercise routine that you enjoy, whether it's going for a walk, practicing a sport, or attending fitness classes.
- 4. Keep a Journal:** Use a journal to track triggers, emotions, and behaviors related to BFRBs. This can help you identify patterns and gain insight into your triggers. Additionally, write down alternative coping strategies and reminders of your progress to refer to during challenging moments.
- 5. Establish a Routine:** Develop a structured daily routine that includes engaging in activities you enjoy, fulfilling responsibilities, and practicing self-care. Having a routine can help minimize boredom, idle time, and the likelihood of engaging in BFRBs.

Release BFRB Shame

What is your experience with shame related to your BFRB? The following are common signs:

- ☐ Embarrassment where you might feel like you want to hide or cover up your BFRB from others.
- ☐ Guilt as if your BFRB is your fault and you should be able to control or stop it.
- ☐ Isolation because you feel like you're the only one experiencing these BFRB struggles and that others won't understand or accept you.
- ☐ Self-consciousness causing you to constantly worry about how others perceive your BFRB and how it might affect your appearance or interactions with others.
- ☐ Negative self-judgment where you may feel like there's something inherently wrong or flawed about you because of your BFRB.
- ☐ Low self-esteem, diminishing your confidence and overall sense of self-worth.

Anxiety, as you may constantly worry about being discovered or judged for your BFRB.

2. Reflect on any experiences where you felt ashamed of your BFRB. How did those situations make you feel, both emotionally and physically?

3. How can you practice self-compassion and acceptance towards yourself and your BFRB? What small steps can you take to cultivate a more positive and loving relationship with yourself?

[illegible]

Give Your Inner Critic Time Off

A good way to cope with your inner critic is to do something other than listen to it.

Pick a time daily to fully engage in an activity that you truly enjoy. The following is a list of activities you may enjoy. Check off the ones you want to try or add more to the list:

- ☐ Listen to uplifting music.
- ☐ Read a book.
- ☐ Practice yoga or meditation.
- ☐ Engage in a creative hobby, such as painting or writing.
- ☐ Cook or bake something new.
- ☐ Watch a funny movie or TV show.
- ☐ Play a musical instrument.
- ☐ Do a puzzle or play a board game.
- ☐ Take up gardening or plant some flowers.
- ☐ Volunteer for a cause you care about.
- ☐ Learn a new language.
- ☐ Take a dance class.
- ☐ Start a DIY project.
- ☐ Take a relaxing bath or practice self-care.
- ☐ Have a game night with friends or family.
- ☐ Take up photography and capture beautiful moments.
- ☐ Try out a new workout or fitness class.
- ☐ Watch motivational videos or TED Talks.
- ☐ Listen to a podcast on a topic you find interesting.
- ☐ Take a scenic drive or road trip.

HABIT-REVERSAL SAFETY: Use collaborative, non-punitive awareness and competing responses. Avoid restraint, shame, skin damage, or substituting another injurious behavior; obtain medical/dental care for injury, infection, ingestion, or significant tissue damage.

- ☐ Start a gratitude journal and write down things you're thankful for.
- ☐ Visit a local library and discover new books.
- ☐ Organize and declutter a part of your living space.
- ☐ Visit a local animal shelter and spend time with animals.
- ☐ Attend a comedy show.
- ☐ _____
- ☐ _____
- ☐ _____

After the activity, record what you noticed without assigning a score. Consider urges, emotions, body sensations, context, injury or medical concerns, and what support or adjustment may be useful.

Activity	What I noticed (not scored)	Context / next step
Example: A familiar hobby - urge shifted temporarily; note what helped, what did not, and whether further clinical or medical support is needed.		

Practice Positive Self-Talk

- ☐ I am capable of healing and overcoming my BFRB.
- ☐ I am kind and patient with myself as I navigate my journey.
- ☐ Every day, I make progress towards healing and recovery.
- ☐ I deserve love, acceptance, and compassion from myself and others.
- ☐ I am strong and resilient in the face of challenges.
- ☐ My worth is not determined by my appearance or behaviors.
- ☐ I am committed to finding healthy coping mechanisms for my emotions.
- ☐ Each day, I am learning to understand and accept myself better.
- ☐ I release judgment of myself and replace it with self-compassion.
- ☐ I am brave and courageous for facing my BFRB head-on.
- ☐ I choose to focus on my progress rather than perfection.
- ☐ Each setback is an opportunity for growth and learning.
- ☐ I have the power to change my relationship with my BFRB.
- ☐ I trust myself to make choices that support my well-being.
- ☐ I am proud of myself for seeking help and support.
- ☐ I am gentle and kind with myself during moments of struggle.
- ☐ I accept imperfections as a natural part of being human.
- ☐ I forgive myself for any past mistakes or unkindness towards myself.
- ☐ I am worthy of love and acceptance no matter what my BFRB looks like.
- ☐ I am grateful for my body and all that it allows me to experience.
- ☐ I choose to let go of shame and embrace self-acceptance.
- ☐ I am developing healthy coping mechanisms that serve me well.
- ☐ I celebrate my progress and the small victories along the way.

- ☐ I am allowed to feel a range of emotions and give myself space to process them.
- ☐ I am grateful for my body's capacity to heal and recover.
- ☐ I am deserving of happiness and fulfillment in my life, regardless of my BFRB.
- ☐ I am brave for showing up and facing my fears each day.
- ☐ I honor and respect my body, regardless of any imperfections.
- ☐ I am grateful for the lessons my BFRB has taught me about empathy and resilience.
- ☐ I am open to receiving love and support from others who genuinely care.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Practice Self-Compassion

Self-compassion is an important practice for promoting well-being and reducing distress. Here's an exercise you can try:

1. Find a quiet and comfortable space where you won't be disturbed.
2. Close your eyes and take a few deep breaths, allowing yourself to relax.
3. Bring to mind a recent situation or event that made you feel upset, disappointed, or inadequate. It could be a mistake you made or a challenging experience you went through.
4. Now, imagine that you are talking to a close friend who is going through the same situation. Think about what you would say to them to offer support, kindness, and understanding. How would you comfort and encourage them?
5. Shift your focus to yourself and imagine offering the same compassionate and understanding words to yourself. Speak to yourself kindly and with empathy, acknowledging your struggles and reminding yourself that it's okay to make mistakes or experience difficulties.
6. As you repeat these compassionate phrases in your mind, try to cultivate a sense of warmth and acceptance towards yourself. You may even place a hand on your heart or give yourself a gentle hug to reinforce the feelings of self-compassion.
7. Take a few moments to sit with these compassionate thoughts and allow yourself to experience the feelings of self-acceptance and understanding.

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: Umbrella term; includes recognized hair-pulling and excoriation disorders plus other specified presentations · mixed diagnostic/non-diagnostic umbrella
- ICD-11 CDDR: 6B25 Body-focused repetitive behaviour disorders · recognized grouping
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 2, 4, 5, 9, 26, 31, 32. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- A symptom checklist or self-rating cannot establish diagnosis. Any diagnostic discussion must address clinically significant distress/impairment, required course or duration where applicable, developmental and cultural context, substance/medication and medical causes, comorbidity, exclusions, and reasonable differentials without reproducing copyrighted criteria.

Document-specific corrections

- Describe Body-Focused Repetitive Behaviors as a contextual, functional, occupational, umbrella, or proposed construct-not a confirmed diagnosis-unless a separately recognized disorder is assessed.
- Where Body-Focused Repetitive Behaviors discusses symptoms, add the missing diagnostic frame: clinically meaningful distress/impairment, relevant course or duration, exclusions, developmental and cultural context, substance/medication or medical causes, and plausible differentials.
- Supersede diagnostic-sounding scoring on pages [2, 5, 31]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Replace crisis wording on pages [2] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

Measures, scoring, and permissions

- Pages [2, 5, 31] contain named, implied, or author-created screening/rating content . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

Intervention scope and contraindications

- Use Body-Focused Repetitive Behaviors activities as psychoeducation and structured reflection, not diagnosis or a stand-alone treatment plan. Adapt or stop any exercise that worsens distress, functioning, conflict, pain, or dissociation, and escalate care according to the actual presentation.
- Coordinate medical assessment when nutritional compromise, purging, syncope, cardiac symptoms, rapid change, pregnancy, or other instability is possible; worksheets are not substitutes for multidisciplinary care.

Crisis and current resources

- For Body-Focused Repetitive Behaviors, use: ·If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services.· Verify all topic-specific agencies and links at publication.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
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2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.samhsa.gov/mental-health/988>
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- <https://988lifeline.org/>
- <https://www.nice.org.uk/guidance/ng69/chapter/recommendations>