WEEKLY PROGRESS RECORD FOR TTM

Week of: _____

Behavior therapy can be even more effective than medication in reducing or eliminating hair pulling. However, it requires time, discipline, and dedication. Make a commitment to practice your program consistently for three weeks. The following chart will help you stay motivated and on track as you turn urges to pull into opportunities to heal.

Hair Pulling Record

Directions: This chart should be filled out daily for one week prior to officially starting your treatment program. Continue to fill it out once you start using relaxation, imagery, competing responses, delaying urges, and rewards. For each incident, record:

- The date and time or situation when hair pulling did (or did not) occur.
- Emotions you were feeling: restless, anxious, bored, depressed, or angry.
- Intensity of your urge to pull (0 = none; 10 = extreme).
- The time spent and number of hairs pulled (these may be taped to the chart).

Date	Time or Situation	Emotions	Urge to Pull (0–10 units)	Time Spent Pulling Hair	Number of Hairs Pulled

Chart adapted from *Trichotillomania: A Behavioral Approach Video and Manual* by Carol Novak (Pioneer Clinic, 1995.)