

#HealthyNailChallenge



Bliss Kiss™

SUPPORT FOR

Nail Biting & Picking

## Important Disclaimer:

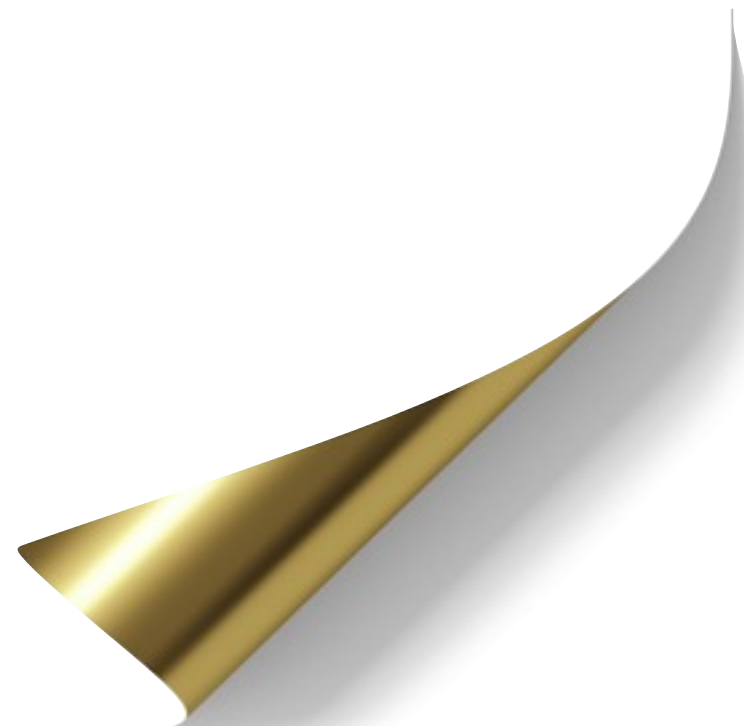


# WE ARE JUST NERDS

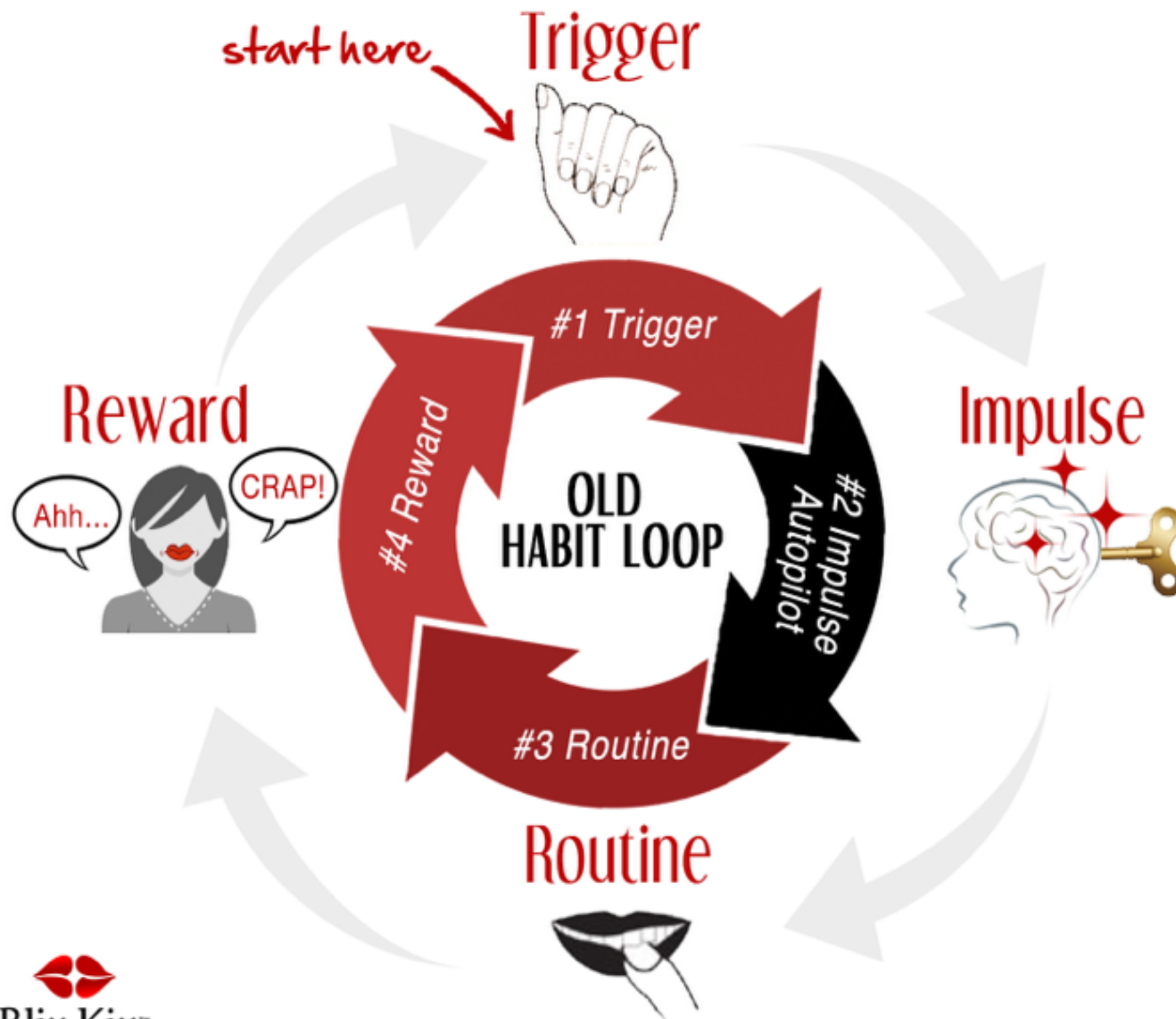
Not doctors... any recommendations made are just recommendations. We are not physicians, psychologists, or any other kind of certified professional. We just happen to be nerds who read and research A LOT! Please take all recommendations and do what is best for YOU. If needed, consult with your healthcare professional to find out what is the best path for you. Thanks!

# Here's what you're going to learn...

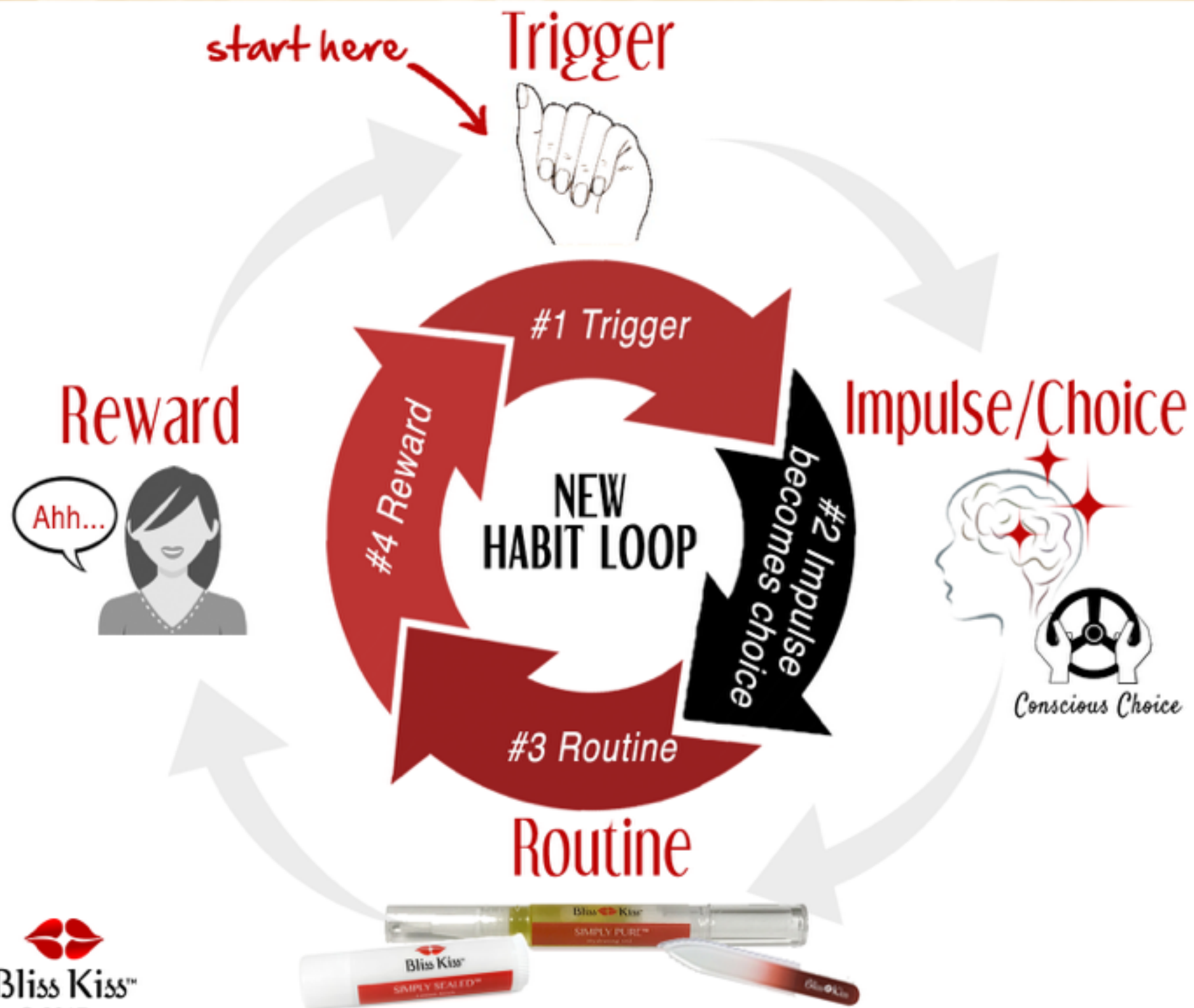
- About habits and nail biting and picking.
- Different types of biting and picking.
- What each type looks like.
- What to do about it.



# Old Biting & Picking Habit Loop




# New Healthy Nail Habit Loop







# BITING PICKING SPECTRUM (BPS)

CHOMPERS	HACK SAW	WOOD CHIPPERS	MEAT GRINDER	FILLET	STRING CHEESE SHREDDERS	PERFECTION PICKERS
						

←  
**BITING**  
Nails

**BOTH**  
Nails & Skin

**PICKING**  
Skin  
→



# *Nail Biter & Picker Types*

## CHOMPER



Nail nibbling/chomping only.  
Doesn't tear skin or nail with teeth.

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# Chompers

## CONDITION OF NAILS

- May have longer nails.
- Cuticles will appear overall healthy.
- Nails will be weaker and prone to stress fractures, peeling, and side tears.
- May be a recovering biter and picker. Still feel urge to put nails/fingers in mouth.
- Nibble only, never (or almost never) bite all the way through the nails.
- Don't bite/chomp skin. Chomp/nibble nail only.
- Don't pick with fingers at imperfections.





# Chompers

## CONDITION OF CUTICLES & SKIN

- Chompers will often have longer nails as they don't actually bite through the nail.
- Chomping action is focused on the nail, not the cuticle.
- Often has relatively healthy appearing cuticles, because nails are the primary target of attack.



# Chompers

## Signs/Symptoms that Present and Diagnosis

*What other Spectrum Types May be Present*



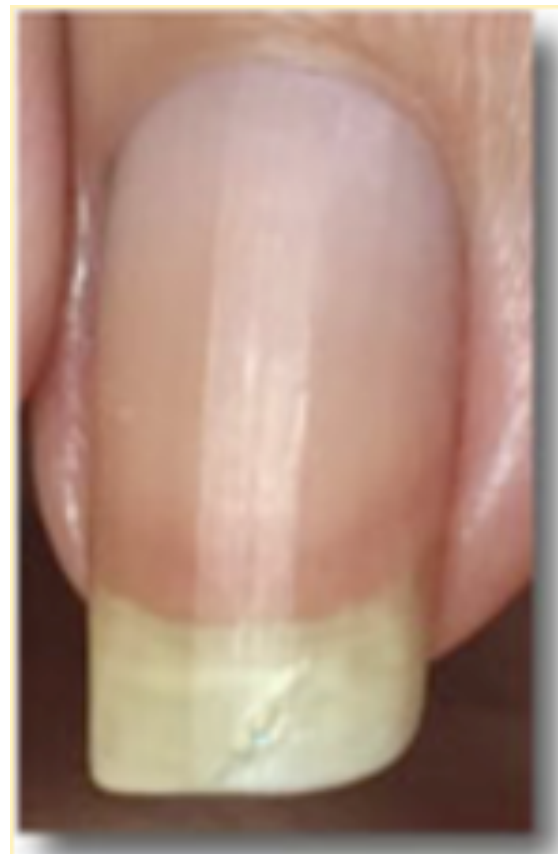
- Often put nails in mouth when nervous, anxious, or just bored or even just thinking.
- May want to stop putting nails in mouth, but not able to stop.
- Frequently have people ask if you're nervous or anxious because nails always end up in your mouth, even when you're not anxious.
- You may be a recovering biter. And Chomper is great progress! But nails still end up in your mouth and you'd like to stop.



# Chompers

## How it Looks. What to Do.

### TRIGGERS



- May experience some stigma about always having nails in mouth.
- Feel frustration at nails peeling, cracking, breaking from stress of chomping.
- May feel internal conflict at knowing chomping behavior is not socially acceptable, is unhygienic, and not socially acceptable.



# Chompers

## How it Looks. What to Do.



### TREATMENT

- When feel the urge to chomp, try substitutive behavior like drinking water, chewing on gum, or other substance to relieve oral fixation urge.
- May also try keeping a hand fidget nearby.
- Oil, file, lotion nails to relieve urge for physical stimulation on nails.
- Can also use cuticle pusher tool to gently clean under nail plate if urge to chomp is triggered by visible dirt under nails as a stepping stone to move toward reducing chomping tendencies/compulsions.



# *Nail Biter & Picker Types*

## HACKSAW



Bites at nails with teeth.  
Nails end up jagged and rough.



# Hacksaw

## CONDITION OF NAILS

- Nails can be jagged and bitten, but not bitten all the way to the quick.
- Skin not being bitten/picked at.
- Might be biting at an imperfection that could really use clippers or a nail file and keep biting to try and smooth it out with teeth.



# Hacksaw

## CONDITION OF CUTICLES & SKIN



- Skin is mostly left alone.
- Hacksaw is primarily nail biting tendency.

# Hacksaw

## Signs/Symptoms that Present and Diagnosis

*What other Spectrum Types May be Present*

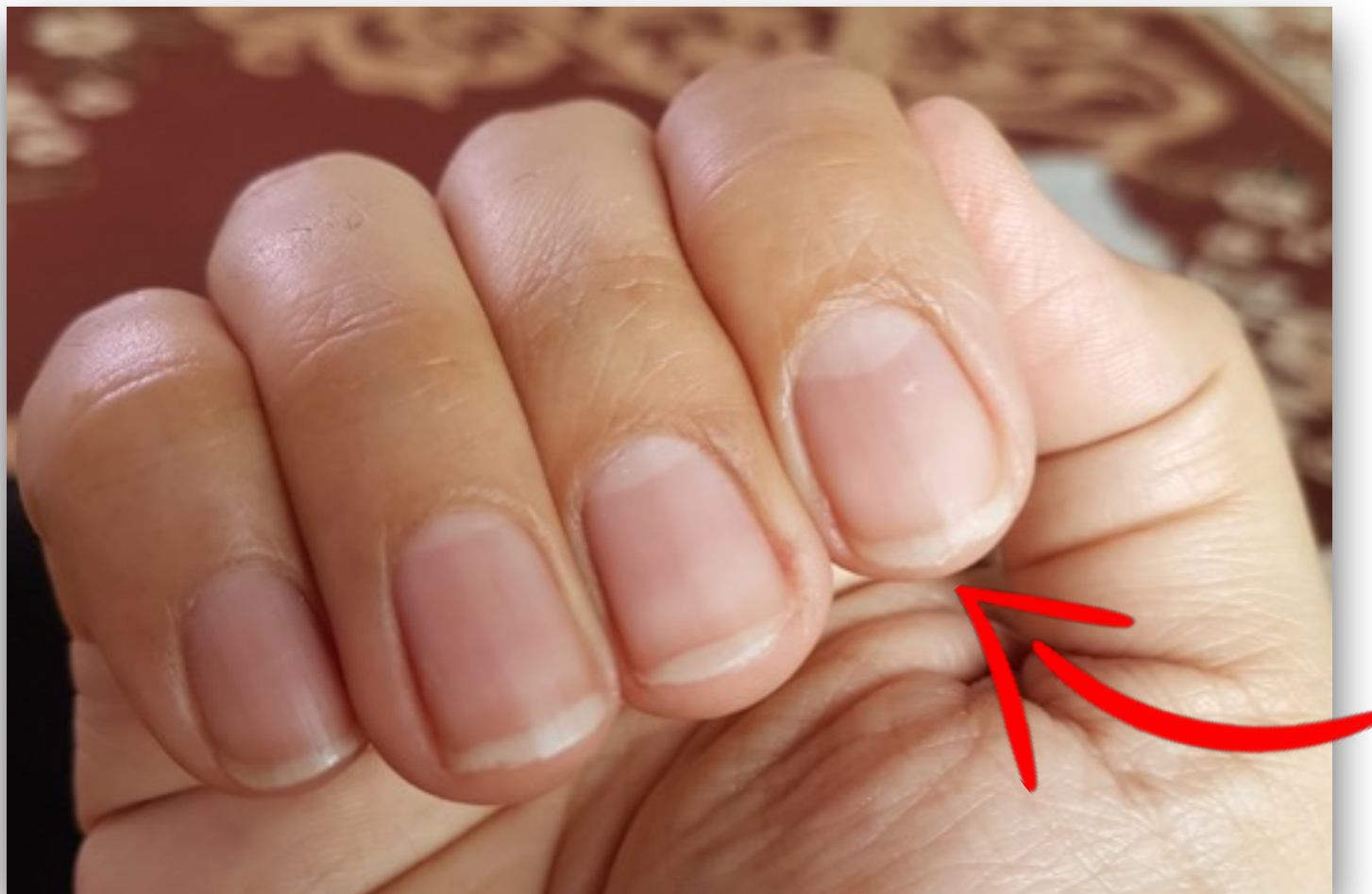


- This is not an all-consuming urge to bite.
- Occasionally occurs during stress.
- Mostly occurs when there is a rough spot or imperfection in the nail.
- Usually occurs when there's no nail file or clippers around so teeth.



# Hacksaw

**How it Looks. What to Do.**



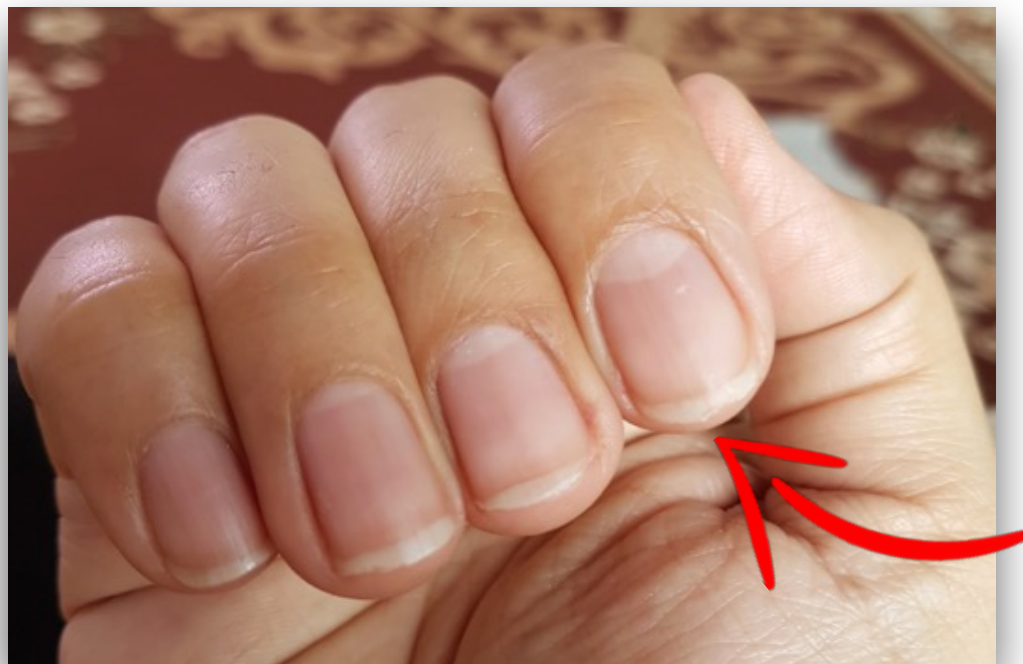
## TRIGGERS

- Chip, tears, peeling or other nail imperfections.
- Sometimes stress or anxiety.
- Dry, brittle nails.



# Hacksaw

**How it Looks. What to Do.**



## TREATMENT

- Hydration!
- Nail file and nail clippers nearby at all times. Purse, keychain for clippers, etc.







# *Nail Biter & Picker Types*

## WOOD CHIPPER



Bites whites of nails to the nail bed.  
Stop biting when tip is gone.

© 2017

# Wood Chipper

## CONDITION OF NAILS

- Nails are bitten to the quick.
- Nails and cuticles are not bleeding.
- May experience peeling due to excessive biting.
- Wood chipper biting may include skin as well as nail biting.
- Like an actual wood chipper machine, it stops its destruction when the branches have been processed.



# Wood Chipper

## CONDITION OF CUTICLES & SKIN



- Cuticles may experience damage from biting and picking.
- Nails are primary object of picking and biting urges.

# Wood Chipper

## Signs/Symptoms that Present and Diagnosis

*What other Spectrum Types May be Present*



- Feel a large amount of social shame about condition of nails.
- Tend to keep nails in pockets.
- May resort to gel or acrylics to cover the damage.
- Often worse damage results.



# Wood Chipper

**How it Looks. What to Do.**



## **TRIGGERS**

- May feel uncomfortable when nail tips are present. Feel compelled to bite pick when nail tips grow out.
- Primarily bite nails only, but will bite at cuticles when they are rough or peeling.



# Wood Chipper

**How it Looks. What to Do.**



## **TREATMENT**

- Hydrate nails and cuticles with oil and lotion stick.
- Keep nail file and clippers on hand to keep nails and cuticles trimmed to your preferred level.



# *Nail Biter & Picker Types*

## MEAT GRINDER



Severe biting, picking of nails, cuticles,  
and skin around nails. Permanent damage.

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# Meat Grinder

## CONDITION OF NAILS

- Nails have been bitten past nail bed.
- Nails are almost always compulsively in mouth. Can be bitten and picked at.
- Nails are frequently raw and even bloody.
- May have sustained permanent damage to nail bed.



# Meat Grinder

## CONDITION OF CUTICLES & SKIN



- Nails have been bitten past nail bed.
- Nails are almost always compulsively in mouth. Can be bitten and picked at.
- Nails are frequently raw and even bloody.
- May have sustained permanent damage to nail bed.

# Meat Grinder

## CONDITION OF CUTICLES & SKIN



- Skin is often bitten, picked, and raw.
- Skin is sore, inflamed and often infected from being exposed.
- Skin is likely dry and prone to cracking and peeling.
- May have permanent scarring.
- May experience other OCD symptoms including frequent hand washing.



# Meat Grinder

## Signs/Symptoms that Present and Diagnosis

*What other Spectrum Types May be Present*



- Nails frequently look like “hamburger.”
- Intense social stigma.
- Shame from peers, family etc.
- Feelings of self-beration for not being able to quit.
- People not understanding why you can’t just quit.
- Keep hands in pockets or tucked out of view.
- May also have ADHD, ODD, OCD or other mental health challenges that relate to biting and picking.



# Meat Grinder

## How it Looks. What to Do.



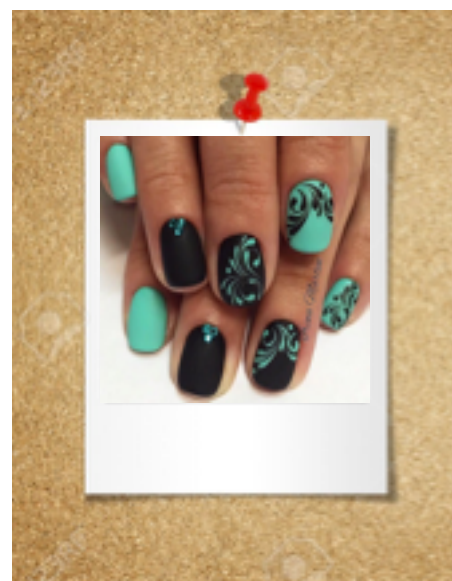
### TRIGGERS

- Uncontrollable urges to bite and pick.
- Have tried many other remedies with very limited success.
- Frequent obsession with wanting to quit, but being unable to actually change.
- Internal or external stress or anxiety often is a trigger to find relief through biting and picking.



# Meat Grinder

## How it Looks. What to Do.



### TREATMENT

- Hydration with nail oil and lotion stick.
- Using nail file to smooth rough edges.
- Using gum, drinking extra water, other hand fidget toys to help replace urges for physical stimulation.
- If applicable, find an accountability buddy (or other external accountability like journal or posting photos etc.) to support you when you feel the urge to pick and bite.
- Observe, write down and track your biting/picking habit and triggers.
- When you catch yourself picking or biting, try taking a video on your phone of your picking/biting process.
- Keep a photo of nails you'd like to have that are your similar nail



# *Nail Biter & Picker Types*

## FILLET



Don't really bite nails. Peel, pick, tear  
cuticles and skin around nail.



# Fillet

## CONDITION OF NAILS

- Nails are most likely healthy and have length.
- Nails are not primary focus of biting/picking behavior.



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*Nail Biter & Picker Types*

**FILLET**



Don't really bite nails. Peel, pick, tear cuticles and skin around nail.

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# Fillet

## CONDITION OF CUTICLES & SKIN



- Can range from mild to severe with open and bloody wounds.
- Skin is frequently inflamed or infected.
- Wounds often look like inside of a popped blister. Pink skin underneath epidermis is exposed (similar to a second degree burn).
- In more severe instances, multiple layers of skin can be removed leaving raw, bloody wounds.
- Can result in permanent scarring and damage to nail, nail matrix, side walls/ lateral folds of nails.

# Fillet

## Signs/Symptoms that Present and Diagnosis

*What other Spectrum Types May be Present*

  
Bliss Kiss™

*Nail Biter & Picker Types*

**FILLET**



Don't really bite nails. Peel, pick, tear cuticles and skin around nail.

© 2017

- Lots of social shame and embarrassment.
- Mixed between having nice nails, but bloody cuticles.
- Resort to acrylics or gel to try and make nails look nicer. Skin picking still persists.
- Frustration at stinging and burning while skin is healing.



# Fillet

## How it Looks. What to Do.



### TRIGGERS

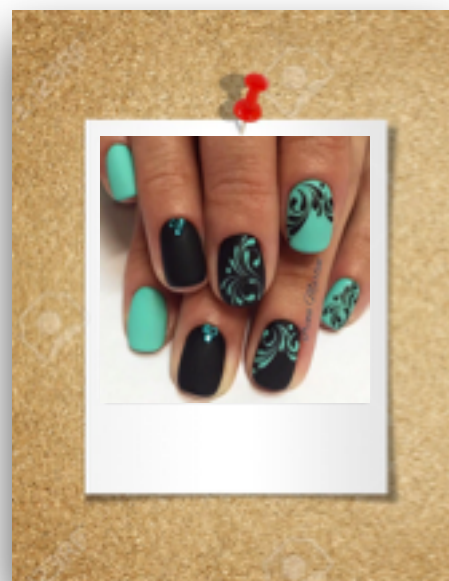
- Dry skin.
- Uncontrollable urges to pick.
- Anxiety, stress, can also have contributing comorbid mental health issues such as ADHD, OCD, ODD etc.
- May have vitamin/nutrient deficiencies.
- May not be drinking enough water.
- May be washing hands excessively causing extra dryness.
- May also pick at other sores/skin on body and need to perform a complete picking routine.





# Fillet

## How it Looks. What to Do.



### TREATMENT

- Hydrate with oil and lotion stick!
- Overnight hydration treatment with gloves. Can also do this during the day.
- Gently use nail file to smooth rough edges. BE VERY CAUTIOUS NOT TO FILE TOO MUCH!
- Keep hand fidgets nearby.
- Use gum or other oral chewing devices to relieve craving for biting.
- Find an accountability buddy (internal or external) to track your triggers and responses.
- Try taking a video of yourself picking to get a different perspective.
- Keep a photo of nails you'd like to have that are your similar nail shape/type that you're working toward handy on your wall or phone.



# *Nail Biter & Picker Types*

## STRING CHEESE PICKER



Peels at little “hangnails”  
until they become big problems.

© 2017

# String Cheese Picker

## CONDITION OF NAILS

- Nails are fine.
- “Peely” skin around nails can become tender and raw and inflamed.
- No biting occurring. This is a skin based tendency.



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*Nail Biter & Picker Types*

**STRING CHEESE PICKER**



Peels at little “hangnails”  
until they become big problems.

© 2017

# String Cheese Picker

## CONDITION OF CUTICLES & SKIN



- Cuticles have a tendency to shred and peel from normal daily activity.
- Cuticles have a tendency to shred and peel from normal daily activity.
- Tendency to pick at peeling skin can cause mild to severe wounds.
- Peeling and wounds are usually behind the cuticle line.



# String Cheese Picker

## Signs/Symptoms that Present and Diagnosis

*What other Spectrum Types May be Present*



- Can have red, swollen, and tender skin around nails.
- Stings if your cuticles are exposed to lemon juice.
- Nails look unkempt, even though they may not be "bitten"
- Experience more peeling during normal daily activities (putting hands in pockets, digging into backpacks, etc.)
- May benefit from a hand fidget tool.



# String Cheese Picker

## How it Looks. What to Do.



### TRIGGERS

- Not necessarily an all consuming urge.
- Wish nails and fingers would look prettier.
- May resort to cuticle trimmers/ nippers to try and control dried peeling cuticles.



# String Cheese Pickers

## How it Looks. What to Do.

### TREATMENT

- Hydration!
- Remove cuticle, push back proximal fold approximately every 5 days using cuticle remover cream or gel and cuticle pusher (like Sally Hansen - AVOID Blue Cross).
- Keep baby nail clippers on hand to gently trim peelies as they show up.
- Keep fidget toy around in case needing physical input.



# *Nail Biter & Picker Types*

## PERFECTION PICKER



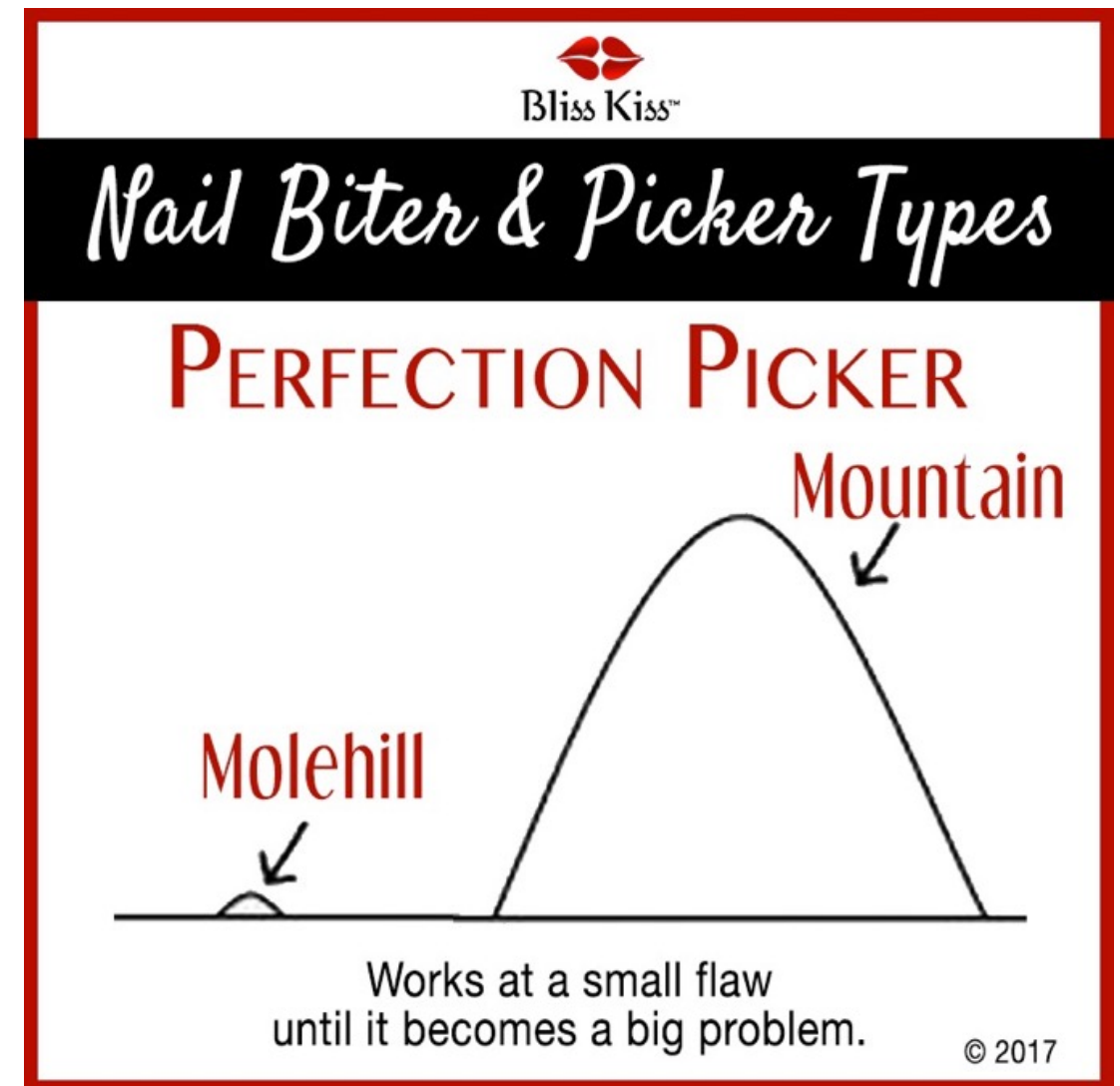
Works at a small flaw  
until it becomes a big problem.



# Perfection Picker

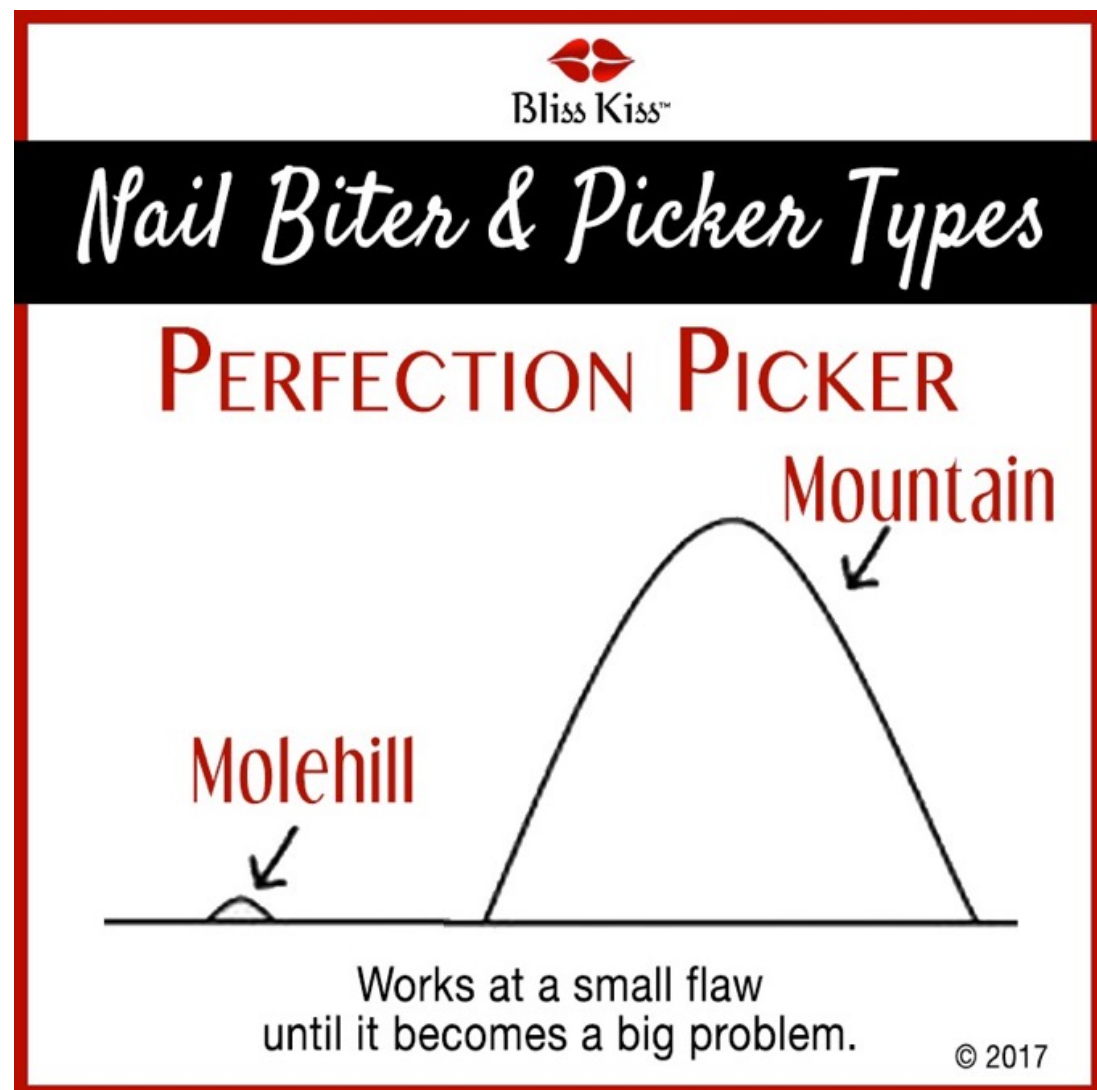
## CONDITION OF NAILS

- Nails will appear healthy and lovely overall.
- No visible biting. Nails will be well groomed.
- Nails will likely be longer and grow beyond the nail bed.
- If nails are shorter, they've been cut and filed neatly.



# Perfection Picker

## CONDITION OF CUTICLES & SKIN

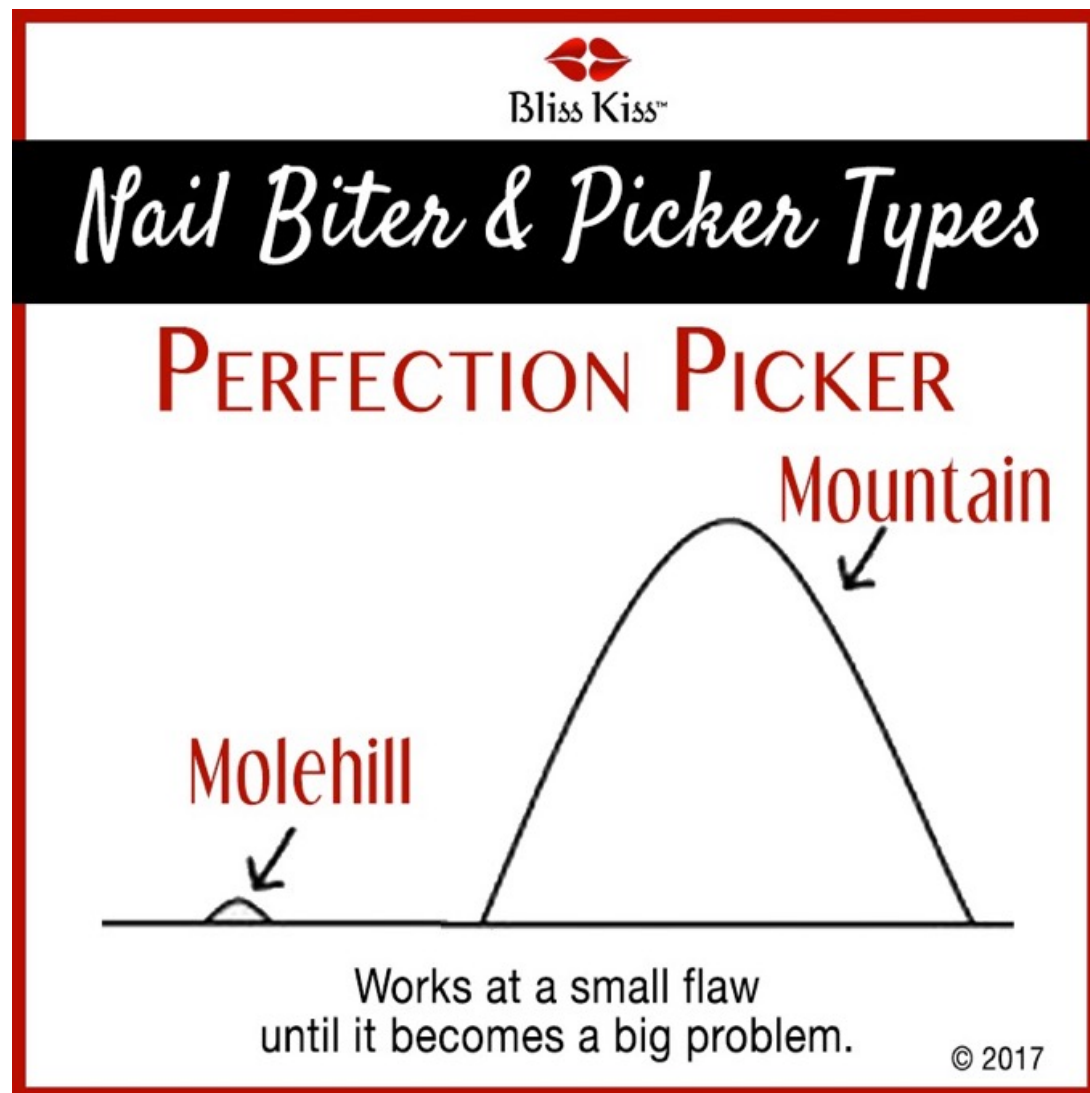


- No visible skin picking.
- Cuticles will be overall healthy in appearance without tears or other visible picking wounds.
- Cuticles may have tiny evidence of pulling at imperfections.
- May pick at calluses around the lateral fold (skin on either side of your nails) as they form. These are guardian seals that are primary targets for Perfection Pickers.
- As cuticles tear or fray from the sidewalls/ lateral walls of the nail as skin naturally thickens, these may be picked at, but most likely, Perfection Pickers will pick to a certain extent and then use the appropriate tools to trim, file, push back cuticles and proximal fold.
- Skin may have very minor wounds that are not readily visible to others (but will sting like the dickens when doused in lemon juice).

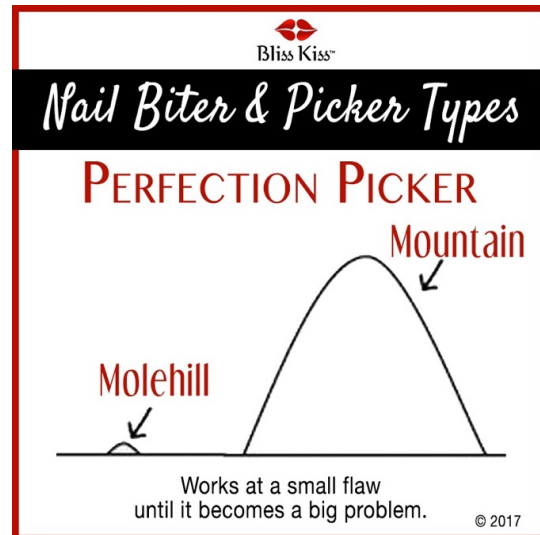
# Perfection Picker

## Signs/Symptoms that Present and Diagnosis

*What other Spectrum Types May be Present*



- When super busy, don't pick.
- When sitting still, focusing, or working on something that requires mental focus but hands are idle, will tend to search for and work at imperfections.
- Watching movies, sitting and waiting, thinking, other activities where hands are not busy are prime time for Perfectionist Picking to set out on the hunt for visibly imperceptible flaws.



# Perfection Picker

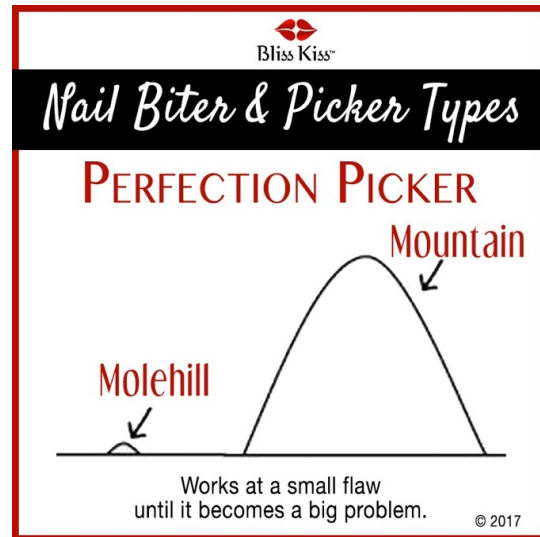
## How it Looks. What to Do.



### TRIGGERS

- This issue is not visible to the rest of the world.
- Perfection pickers experience an internal battle, they don't tend to experience a lot of external shame.





# Perfection Picker

**How it Looks. What to Do.**

## TREATMENT

- Habit Replacement
- Hydration
- Baby nippers
- File
- Lotion stick or balm
- Keep a hand fidget around



# Your Chance to WIN!





# How to Enter the Challenge

## **WHEN:**

Any 3 weeks between July 26th and August 31st 2017 when you can commit to practicing replacing biting/picking routines. (*This is an ongoing process that will likely be a part of your life forever as you continue to replace biting/picking with healthy nail habits.*)

## **WHO:**

Anyone who has struggled with nail/skin biting and/or picking.

## **WHAT:**

Please Follow ALL of the directions below IN ORDER!



# Join the Facebook Support Group

Support and community is one of the most important parts of building healthy habits. Especially when you have support from people who get how challenging it is to live with biting/picking struggles.

**WE ARE HERE FOR YOU!**

Go to



<https://www.facebook.com/groups/blisskisshealthynails/>



# Steps to Build Healthy Nail Habits

- Complete the 3 day hydration as explained in the *How to Strengthen Brittle Nails* ebook.  
(Download ebook at [www.myblisskiss.com/nail-bite-challenge-instructions/](http://www.myblisskiss.com/nail-bite-challenge-instructions/) )
- Keep your bite/pick supplies in a makeup bag or other container that is easy for you to put in your purse or backpack so you can *always* have it with you. This is an important step toward success.
- File down your nails. Keep rough/jagged edges filed and smooth.
- GENTLY trim any “hangnails” (any dead, hanging skin on the sides of your nails) - BE VERY CAREFUL TO NOT CUT LIVE SKIN. We recommend infant nail clippers. You can get these at most department stores like Target or on Amazon.



# When to Take Your “Nailfies”



Before

Day 3

Day 7

Day 14

Day 21

## We Want to Help You Track Progress!

- Before you start
- Day 3 (after you finish the 3 day hydration challenge)
- Day 7
- Day 14
- Day 21
- Whether you're dealing with picking or biting (or both), pay attention to that and replace the behavior with oiling and filing. *This is the key to building a new habit that supports healthy nails.*



# Follow All 5 Steps

- **STEP 1:** Take an IN-FOCUS picture of your nails before you start the Challenge. (No blurry cell phone photos please.)
- **STEP 2:** Post your before photo on the Bliss Kiss™ Facebook fan page or your Instagram account with the text "I'm taking the Healthy Nail Challenge" and #HealthyNailChallenge #StrongNails.
- **STEP 3:** Do the Initial Hydration Treatment for 3 days anytime you can commit to no polish on your nails. Keep your nail oil, lotion stick and nail file with you, especially during times where you're going to be more likely to pick/bite. Practice replacing your bite/pick behaviors with the NEW behaviors of moisturizing and filing your nails.
- **STEP 4:** Post BEFORE and AFTER photos on on the Bliss Kiss™ Facebook fan page or your Instagram account with a description of your experience.
- **STEP 5:** Email your entry to our awesome Customer Support Team. **AFTER you have completed your 3-Day Hydration Treatment and 3 weeks of replacing old biting/picking habits with healthy new habits**, email our team your results.  
HealthyNails@MyBlissKiss.com



# Your Entry Must Include

Subject Line: NAIL BITE CHALLENGE

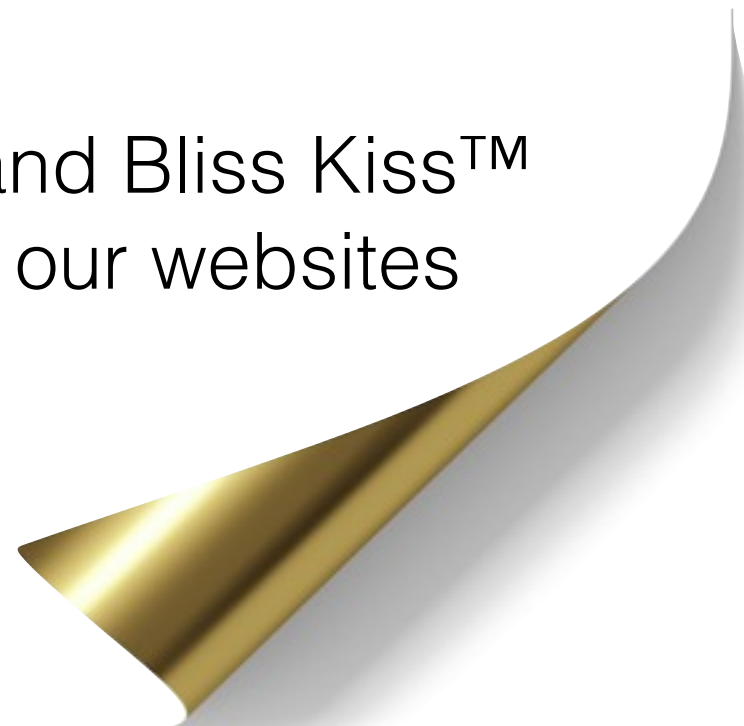
Before & After photos (SEE STEP 4 ABOVE FOR INSTRUCTIONS)

Your experience description. (This can be short or longer to share your experience with the Nail Bite Challenge.)

Your mailing address.

Note: By entering this contest you are giving Ana and Bliss Kiss™ permission to post your photos and experience on our websites as testimonials.

Good luck! We are so excited to see your results!





# Healthy Nail Challenge

**Thanks! And Good Luck!**



**Bliss Kiss™**

Email your questions and entries to  
[HealthyNails@MyBlissKiss.com](mailto:HealthyNails@MyBlissKiss.com)