

Pivot Behavioral Health BFRB Log

Instructions: **BFRB** stands for body-focused repetitive behavior (for example, hair pulling, skin picking, nail biting, etc.). These behaviors serve a function, our job is to figure out what function they serve. The cues or triggers for these behaviors can clue us into the function. Cues can be both external (**P, M, I**) and internal (**S, T, F**).

- **Place and activity** - time of day, place (for example, bedroom, bathroom, den, work, car, etc.) with whom (for example, alone, partner), or activities (for example, watching tv, reading, looking in the mirror, trying to fall asleep, procrastinating)
- **Motor habits/awareness** - pre-post pulling/picking behaviors, posture, motor movements and awareness of the behavior
- **Implements** - such as mirrors, tweezers, razors, needles, etc.
- **Sensory** - touch, visual, taste, smell, auditory
- **Thoughts** - beliefs about pulling/picking, permission-giving thoughts, other anxiety related thoughts
- **Feelings** - negative or positive mood/emotional state (for example, tension, anxiety, boredom, sadness, guilt, frustration, excitement, anger, happiness, accomplishment)

Then indicate for **how long** the behavior occurred, your **awareness** of the behavior as it was occurring, 0 = "Not aware" to 4 = "Completely aware," and finally the **severity** of the behavior, 0 = "Not severe" to 4 = "Very severe."

Date: _____

[illegible]