CLÍNICA VIVALDI · FREE SHEET · OBSESSIVE-COMPULSIVE AND RELATED

Exorcism disorder (scratching the skin)

Scratching or pinching the skin repeatedly to the point of injury, with failed attempts to stop.

COMMON SIGNS

- Wounds or marks from picking
- Does it when tense or bored
- Tries to hide it

TIPS FOR YOU

1. Habit reversal training
2. Keep your hands busy
3. Look after your skin to reduce the urge

FOR FAMILY AND FRIENDS

1. Don't scold them: offer alternatives for their hands
2. Help them identify high-risk moments

WHEN TO ASK FOR HELP

1. If the wounds become infected
2. If there is a lot of shame or isolation

TO OBSERVE AND NOTE DOWN

☐ I repeatedly pick or scratch my skin
☐ I cause wounds or marks
☐ I do it when I'm tense or bored
☐ Sometimes I do it without realising
☐ I have tried to stop without success
☐ I try to hide the marks
☐ I feel ashamed
☐ It takes up time every day

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-excoriacion-rascarse-la-piel
- Full article: Trichotillomania and repetitive habits: clinicavivaldi.com/en/trastorno-tricotilomania
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com