

How to Quit
NAIL-BITING
Once and for All



How to Stop Biting Your Nails

WHAT DOES IT MEAN TO HAVE A *NAIL-BITING HABIT*?

- **Do you** feel like you have no control over your nail-biting?
- **Have you** tried in the past to stop, but find yourself biting without realizing it?
- **Are you** self-conscious about the way nail-biting makes your hands look?
- **Do you** want to be able to finally *stop* biting your nails ... but you just don't know how?

If so, this book can give you the help you need.

Like other habits, you might be able to quit biting your nails by resisting the urge.

But *unlike* other habits, distraction for nail-biting are hard to come by. No matter what, everything you need to stay in the routine is available *at your fingertips*.

In a way, you are being set up to fail. You are left trying to ignore your cravings, but you can never be more than arms length from falling back into your habit.

By getting started with this book, you have already made an important first step. If you are ready to stop biting your nails, what can you do next?

This book is divided into 2 sections, and will outline everything you need to know.

Section one will discuss the biology of nail-biting. It will describe what keeps you in the routine, and the ways in which it can turn into a compulsive behavior.

Section two will break down the steps of eliminating your nail-biting habit. You'll get guidance on the fundamentals of ending any habit, the details and specifics of nail-biting, and a timeline for quitting, for good.

Read on to find out how you can take back control, and have the results you always wanted.

SECTION ONE

In this section, we discuss:

- The biology of nail-biting
- How nail-biting becomes a habit
- Why it's so hard to stop

Chapter 1: The Biology of Nail-Biting

What makes people want to bite their nails?

In some cases, it's about the urge to correct something -- your nail may be uneven, chipped, or "off" in one way or another.

In others, nail-biting serves to release energy. Whether you are anxious, stressed, or just bored, biting your nails keeps you occupied. This might be similar to foot-tapping, using a stress ball, or chewing gum.

And some people have no idea why they bite their nails at all. Many have tried to stop time and time again, but continually find themselves back in their routine before long.

If you've been biting your nails for a long time, you might even come to dislike the way it can change your appearance. This habit can prevent you from keeping a manicure, or having the courage to get one in the first place.

Not to mention, it can reveal your feelings at important moments like *business meetings*, *first dates*, or *job interviews*. Being unable to prevent yourself from biting your nails can create challenges across many situations of life.

Finally, while you might be able to recall some reasons why this habit started, they may not be the same now. Some of us began nail-biting at a young age when we couldn't deal with nervousness in any other way, and despite coming to know better, we cannot get out of the loop.

Chapter 2: How Nail-Biting Becomes a Habit

There are biological explanations for why we might begin nail-biting. But what is the biology behind the development of a habit?

Through repetition, almost any behavior can turn into a routine. When we consistently bite our nails, this action can be learned by the more survival-oriented parts of the brain.

Then, when we encounter a **cue** -- like the anxiety, stress, or boredom we mentioned earlier -- the brain can automatically **trigger** a craving to perform an action it believes will make us feel better.

... And when it comes to nail-biting, we might skip the craving step entirely.

Because our nails are so accessible to us, the brain can trigger a bout of nail-biting before we even notice what's going on.

The more often we bite our nails, the more we teach our brains that nail-biting is an appropriate way to respond to the cue. When you've reached the point that you continually find yourself unintentionally chewing your nails on an almost daily basis, that means that the brain is basically reinforcing the habit for you.

Chapter 3: Why it's so Hard to Stop

If your nail-biting has turned into a compulsive habit, you do have the option of resisting the temptation to bite your nails. This requires wearing gloves all day and night, and there's no guaranteed

time frame -- you would need to ignore the urge until your brain *forgets about nail-biting completely*.

That could take *a while*. And, if you've tried this in the past, you might already know that it only takes *one weak moment* for your brain to successfully complete the action, and then ... you'll need to start all over again.

What makes nail-biting so difficult to stop?

In a way, it could be as simple as a distraction. When we're feeling tired, down, or nothing at all, having a quick go-to behavior actually offers the brain some stimulation.

Repeatedly using that behavior to feel differently creates an **association** in the brain. Eventually, it links nail-biting with *feeling better*. Studies have even shown that nail-biting, in addition to similarly accessible behaviors (like hair-pulling and skin-picking) can provide bursts of **serotonin**.

Serotonin is the *well-being neurotransmitter*. It makes us feel happy, calm, and wholesome.

When we don't have enough serotonin -- or, if we've become sensitized to it -- we can feel compulsive urges to perform actions that will bring us more.

Lots of things can increase serotonin levels. You probably engage in several behaviors every day that cause a release of serotonin in the brain.

But, despite the fact serotonin is available in other ways, your brain has created an association between serotonin and *biting your nails*. This means that, even if you have a serotonin supplement in your

hand, you will still feel the desire to throw it out so you can bite your nails instead.

At this point, *it doesn't matter* what information you have. Our brains are focused on survival, not reason. It is bound to rely on what it has learned in order to bring the changes it wants to experience.

Other than ignoring your cravings, there is another option: you can teach your brain *a new lesson* about nail-biting.

SECTION TWO

In this section, we discuss:

- The fundamentals of ending a habit

- Teach your brain a new lesson
- Your timeline to stop nail-biting

Chapter 4: The Fundamentals of Ending a Habit

If you're ready to stop biting your nails, it is important to make the *official decision* to break the habit. Even if you've tried a hundred times before, you need to send your brain the message that *you are serious this time*. The sooner you absorb this, the sooner it will stop trying to make you bite your nails.

Following these guidelines will take care of some of the most common reasons for failure, and secure your success!

Have the right frame of mind

You cannot think of yourself as *giving up* nail-biting. This fosters a sense of deprivation, and forces you to maintain iron willpower as you constantly avoid what you cannot have.

Instead, consider this in terms of *what you will gain*; stronger nails, healthier teeth, confidence -- personalize your goals so you can stay in-touch with your reasons for stopping.

And if you still find yourself drawn to the idea that you are giving something up, remind yourself of the downsides of nail-biting -- you'll be reducing the hand-to-mouth spread of germs and bacteria *dramatically*.

Know your triggers

With many habits, especially one as accessible as nail-biting, we may find ourselves in the routine without even realizing it. So, to ensure success, become aware of what makes you bite your nails.

Triggers can be based on *locations, feelings, people, or even time of day*. Once you know where you're likely to bite your nails, you can prepare yourself in advance.

Come up with substitutes

When you have nail-biting on your mind, it's hard to do anything *other than* bite your nails.

There's no reason this needs to be any harder than it should be. So, you can do yourself a *huge* favor by creating a list of go-to alternatives!

It's even harder to bite your nails if you're knitting, writing, drawing, playing a game on your smartphone, or chewing gum. There are tons of options available to keep your hands and mouth busy -- we suggest you come up with a few that will work with your schedule, and give them a try!

It doesn't matter if you're necessarily *good* at these hobbies or not. All that matters is that you can find distraction when you need it.

Have a structure of support

When you're first starting out, you may feel a little vulnerable and insecure about your decision. This is normal -- remember, biting your nails provides *bursts of serotonin* in the brain, and has learned that this is an acceptable way to find relief.

You don't need to struggle alone. You are only as strong as your weakest moment -- or the distraction you keep on-hand. Having friends you can call, or organizing an accountability partner, can be your safety net of success.

Chapter 5: Teach Your Brain a New Lesson

As we said before, for those who have a nail-biting habit, the brain has created an association between nail-biting and reward. You can break your habit by waiting for this association to fade from existence, or... you can add your own association into the mix.

While other techniques focus on using conscious thought and maintaining motivation to make a change, using this tactic is much more basic -- and it's faster, too.

Basically, the brain likes things that make us feel good. It avoids things that make us feel bad. That's the reason you might find yourself suddenly hating a once-loved food after it makes you terribly sick.

Any action can be paired with a pleasant or unpleasant association to change behavior. So, by changing the way your brain experiences nail-biting, you can change its desire to perform the habit again.

Chapter 6: Your Timeline to Stop Nail-Biting

Once you've made the decision to quit, you are already halfway there!

To make the rest easier for you, we've created a timeline that helps the majority of our users quit nail-biting, *for good*. Using this guide is one of the best ways to make sure you stay strong, and reach your goals.

Week 1: With this ebook, we've attached the **Tracking Behaviors Worksheet**. For the first week, you don't need to worry about changing anything. We just ask that you bite your nails as usual, and keep a record of the habit using this form.

Once that's done, you'll have an accurate log of locations, feelings, and other factors that tend to *trigger* your nail-biting. We encourage you to use this information to your advantage -- you can prepare yourself for these situations by bringing an alternative option, or calling a friend!

Week 2: It's time to start changing the way your brain thinks!

- **Day 1:** Find a few minutes to sit down and actively bite your nails. Use your other hand to snap the rubber band against your wrist. Set a timer for between five and ten minutes, and keep snapping the band around every ten seconds.
- **Day 2:** Again, take some time out to have an aversion session.

- **Day 3:** Conduct an aversion session, and try to avoid biting your nails for the rest of the day. You may find yourself biting without realizing -- if this happens, snap the rubber band or try to stop as soon as you become aware.
- **Day 4:** This will be your last assigned aversion session!
- **Day 5:** Log and review your progress on the Pavlok app. If you've been able to stop nail-biting, give yourself a pat on the back, and feel free to keep using the rubber band to address lingering cravings or slip-ups.

By this point, you are out of the woods, and have proven to yourself that you are stronger than your habits. You should be proud!

Chapter 7: Pavlok

In the case you want to go the extra mile, here is a product that can speed up the process, and help you quit nail-biting *for good*.

PAVLOK

The world's first scientifically-proven one-button wristband that stops your brain from desiring and craving any unwanted bad habits... and it does it in less than 1 week!

Pavlok will not only break your habit in 5 days -- it will stop you from getting the urges and cravings, which is what gives habits their power.

All you need to do is wear Pavlok around your wrist, and every time you catch yourself biting your nails, or having the impulse to do so... just push the button and give yourself a little zap.

That's it.

By simply pairing a small zap with nail-biting, your brain associates this unpleasant feeling with the behavior, and it stops creating the cravings.

It's that simple.

Our newest product, the Pavlok 2 can help. You can check it out here:

<https://buy.pavlok.com/products/pavlok2>