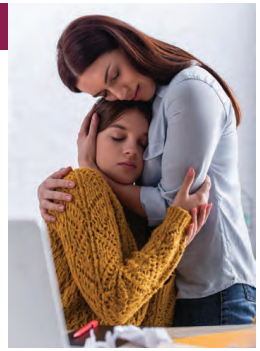
CULTIVATING COURAGE WITH CHAILLE



Chaille DeFaria

How Do Parents And Loved Ones Cope With Someone Who Suffers From A Body Focused Process Addiction™ (BFPA)? Part II

By Chaille DeFaria PCC, CDWF



Last month, you learned that one in 20 people suffer with a BFPA™: hair pulling, skin picking, nail, lip, and cheek-biting disorders. BFPAs™ are among the most poorly understood, under-diagnosed, and untreated groups of disorders.

I am sure you would agree that it is not easy to watch someone engage in a behavior that is triggering or potentially harmful, right? It is uncomfortable to witness something we don't struggle with. So what do we need to know if we live with someone who has a Body Focused Process Addiction™?

This is NOT a self-harming behavior as is cutting, scratching, and burning. It does carry a genetic component. Because of the intense shame that is often associated with this disorder, most sufferers live in secrecy, silence, and in a deep state of self-judgement.

What can you do if you see someone with this behavior?

- It is important that you don't tell them to "stop it." If they could, they would. No one wants to control this more than the person doing the behavior. What you say and what they hear are not the same, even though your intention is good.
- Don't stare.
- Don't overreact.
- Don't respond, or you won't be heard. Suggesting someone control something they can't is a form of shaming. Remember, we all struggle with something so don't compare "disorders." Show love and acceptance so the person feels accepted without feeing defined by their behavior. To them this is rewarding and soothing.
- If you are a parent, do not blame yourself. It is no one's fault.
  - Try diverting their attention with a task or just walk away.
  - Instead of trying to control something you can't, offer up finding a support group, coach, or therapist, and remember, finding support for yourself is just as important.

Living around someone with a BFPA™ can be extremely challenging and can leave you feeling helpless at times.

As someone who has suffered with Trichotillomania my entire life, pulling out my brows and lashes, the best advice I can offer parents and loved ones is "Fix less. Love harder!"

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Chaille DeFaria is a Certified Professional Co-Active Coach, Professional Certified Coach, Certified Neuroscience Coach, and a member of TLC board of directors. She coaches adults, young adults, teens and parents around the world virtually.

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