

15. I pull my hair to control how I feel. _____
16. Pulling my hairs relaxes me. _____
17. I feel bad before I pull, but I feel worse after I pull. _____
18. The feeling I get after pulling makes me want to pull more. _____
19. When I am at school or work, I can't wait to get home and pull. _____
20. Pulling gets rid of my bad feelings. _____
21. Pulling makes me feel good (at least for a little bit). _____
22. The bad feelings I have about pulling make me pull more. _____
23. I feel better after pulling my hair then I did before I pulled. _____
24. I don't know I have pulled my hair until my parent(s) tell me. _____
25. I feel like I am in a "trance" when I pull my hair. _____