

You will usually pick the skin on your face, but might also pick other areas of the body. You will find it difficult to stop yourself doing it.

It seems that skin-picking can relieve tension and stress. However, often the relief is short-lived and you will feel the urge to continue picking. You may not be aware that you are doing it. It is linked to Obsessive Compulsive Disorder (OCD) and Body Dysmorphic Disorder (BDD) as it shares similar symptoms.

Because skin-picking leaves visible marks, you might go to lengths to hide these using makeup or clothing.