

Nail Biting Consequences

Nail biting is amongst one of the most common habit intended to relieve stress. Some of these habits pointing out stress and nervousness might include thumb-sucking, hair twisting or pulling, nose picking, tooth grinding and skin picking. Biting nails is generally the result of stress or excitement or it might be indicative of inactivity and boredom. It is believed that biting your nails is generally a learnt behavior.

Nail biting is almost instinctive without actual realization. So, you could be engaged in reading or talking on the phone or watching TV and start biting nails without realizing it. Stop biting nails is not just limited to biting ones nails but also to biting the cuticles and the surrounding tissues around the nails.

It is true that until and unless you damage the nail bed there would be no effect on your nail growth but you should stop nail biting because of health reasons. Biting could result in infection of the skin (paronychia) or even result in warts surrounding the nail bed.

As mentioned earlier, nail biting has no effect on nails clinically speaking till you are not actually damaging the cuticles and nail beds but it is surely a sign of anxiety and compulsive behavior. You might need some professional help in such cases. Behavioral therapy and some medications go a long way in stopping biting of your nails.

The most effective form to stop biting nails is with Neruo-linguistic programming (NLP) to stop biting nails. NLP or neuro-linguistic programming works on the idea that our senses could help us perceive only a small portion of the world. This whole program uses axioms, beliefs and a complete set of techniques that allows personal development which results in busting of bad habits like nail biting. This program works on the concept that your mind, body and language actually reflects your interaction with the world and these could be modeled to change this perception which could actually help in getting rid of bad habits.

Nail biting is really a habit that needs careful attention and with the help of these methods you could actually stop biting nails. How to stop is not the real important question, most importantly is why to stop as having strong and compelling reasons to stop is the number one reason people keep biting their nails.

Once someone has a strong enough why to change the how is the easy part. Thats why knowing the consequences are so important. Knowing these will give you the leverage to stop biting your nails.

A great exercise is to sit down and write all the reasons why you will never bite your nails again. That is usually enough to stop biting.

Source: <http://www.articlecircle.com>

About the Author

Bob helps people stop biting their nails, with no creams or will power. check out <http://www.quitnailbiting.com> to get a free report to stop biting nails, and a list of top 10 excuses people use to keep biting.