

Stop Nail Biting Step By Step

Anyone who has known nail biting would vouch safe for the fact that biting nails is a habit that is not easy to break. But if you really want to bust this habit. You should try some of these techniques. It is bound to stop nail biting which generally results in split and fractured nails, infections, sometimes even bleeding and pain.

Talk to yourself about this problem of biting. Look at your nails consistently and tell yourself the problems associated with it.

Think how healthy nails would look on you

Try with one nail. Try to save that nail and after a few days look at it and ask yourself if you do not want all your nails to look like that one.

Go on with one nail at a time and see the result for yourself. You might like to have a photo album of your nails and its condition. Before and after pictures would do the trick.

And once you think you can stop nail biting you should include calcium and magnesium rich products in your diet. It would help your nails to repair and grow quickly. What is more, it has been found that in certain cases biting your nails is due to lack of calcium and magnesium in the body.

If you have the habit of nail biting, dont think you cannot get rid of the habit. Remember where there is a will, there is a way.

When you look at the world with the help of your senses it gets formulated with our experience, values, beliefs and assumptions. And when we act it is dependent on our perception and not on the real world. What NLP does is that it helps you model your highly structured language and behaviors into a more reproducible form. So this modeling could be done to the more successful part of your behavior and apply it to the less successful parts. It can actually improve functioning.

So, if you find someone excelling in some particular field you can observe it to learn what actually makes them tick and that could be imbibed. NLP contains many techniques such as hypnosis which is considered as an effective way to change the thinking and learning communication skills of a person.

There is one very simple as well as very effective technique in NLP called anchoring. Suppose something made you very happy in the past. Now go back to the same image again and try to make it more vivid. Try to listen to its sounds and try to make the images brighter and larger. And it is certain to bring smile to your face.

This could well be used to bust bad habits like nail biting. If you need to stop nail biting you need to concentrate hard and use NLP techniques. It would allow you to change the way you perceive the world. That would change your behavior which would help you stop nail biting.

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

About the Author

To get a step by step course on how to stop biting nails, check out <http://www.quitnailbiting.com> to get a free report to stop nail biting.