

# THINNING HAIR EDGES

11 page worksheet  
to successfully  
avoid traction alopecia

*get to thinking  
and into action*



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*Hi there, welcome!*

I made this worksheet to help and guide you into monitoring your behaviours, your hair practices and habits. Hopefully, you will take action upon your findings if needed.

Although this was created to help transitioners out there, I believe it will also help those who have already done the big chop and are already natural. So don't be shy to share it with who needs it.

Page 4.	_____	How do we (you) roll this down?
Page 5.	_____	<b>Brainstorming</b> - Manipulation
Page 6.	_____	<b>Brainstorming</b> - Tight Hairstyles & Hair Extensions
Page 7.	_____	<b>Brainstorming</b> - Hair Products
Page 8.	_____	Homework
Page 9.	_____	Action Plan
Page 10.	_____	Homework
Page 11.	_____	Credits

## *How do we (you) roll this down?*

This worksheet will be a short and simple activity to help you into the thinking mode. These pages will help you get clarity and pinpoint areas where you need to act if applicable.

Doing this will not only help avoid or diminish future anxiety, but it will also **take the stress off transition.**

With regards to the topic at hands, I focused on three areas I believe can pose the most challenge: **Tight Hairstyles & Hair Extensions, Manipulation and Hair Products.**

Now, here's what you can do before you start:

- \* Put some music on and jam to your favourite sound to warm up. (C'mon this is supposed to be fun!)
- \* Grab a cup of tea, coffee or glass of wine.
- \* Now, put some relaxing music on to relax.
- \* Take a comfortable seat.
- \* Think about the questions and answer them honestly
- \* Coming back to this worksheet if you believe you've gone back to your old ways.
- \* Share this activity with your friends and family.

*and don't forget to like and share*





# BRAINSTORMING

Although each person styles their hair differently there are practices and behaviour we have that we're not even aware of. This exercise will get you thinking about those.

## Manipulation

- How often do you wear your hair tied down?
- How tight is it?
  - Can you easily move your scrunchie?
  - Do you often have a headache?
  - Do you have a sense of relieve when you take your hair down?
- How often do you run your fingers through your hair?
  - Do you do it while reading, watching TV or when concentrated on something?
- Do you feel it's an impulse you can't control?
- Do you feel this practice releases you of tension/stress?
- How does it make you feel? Girly, feminine, relaxed...
- When is it most frequent? In the morning, at work, in a stressful environment, any time of the day...
- How do you normally feel when playing with your hair? Tired, angry, hungry, excited, sleepy....

...continue to next page

# BRAINSTORMING

## **Tight Hairstyles & Hair Extensions**

Damage to the hair follicle can be permanent (scarring) or not (trauma). Often this happens due to braiding or hair extensions. You'll notice that the scalp is sensitive to the touch. Scarring alopecia does not respond to medication. However, if caught early on (at the hairline), thinning edges will respond to medication. Think about this:

- Do you need to have mini/big (aka heavy) braids, twists, locs, etc... around the hairline?
- Have you considered taking a break from hair extensions, and leaving your natural hair out?
- Do you feel your scalp tight when you do your hairstyles or hair extensions?
- Are your hairdos so tight that your scalp is itchy?

**...continue to next page**

# BRAINSTORMING

## HAIR PRODUCTS

Some hair products contain ingredients that cause allergic reactions such as itchiness, dermatitis, and cause eye, nose and throat irritation. Check to see if your hair products (shampoos, conditioners, dyes, ...) have some of the following ingredients.

- **Sulphates** - As you know these are very drying to natural hair and some people have allergic reactions that can damage hair follicles and cause hair loss or thinning edges.
- **Sodium Chloride** - This is a salt found in hair products. It may be harmless to many, but others have adverse reactions.
- **Methylene Glycol** - Formaldehyde and water mix to create this distinct liquid. The concentration of formaldehyde in this ingredient is equal or lower than the one found in many foods, however, small population groups have skin irritation and allergic sensitivity.
- **Lead or Lead Acetate** - These are extremely toxic ingredients that can be found in some hair dyes and cause scalp conditions.

If you have doubts or want to check your products' ingredients go to [EWG.com](http://EWG.com)

**Now write your answers on the next page!**





# ACTION PLAN

Now that you've taken the time to write down your answers, did you notice any patterns? Write them down below.

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## ADDRESSING THE ISSUE

SOME IDEAS

- Try to **keep a record** of when you're "playing" with your hair. Write down when it happens, what were you doing and how you felt, this way you can check yourself and do better the next day. Don't be hard on yourself, you'll soon get there!
- **Relaxation and Breathing.** Learn to block behaviours by being be aware of yourself and your surroundings.
  - This can be done through exercise like yoga
  - Meditation
  - Relaxing music
  - \_\_\_\_\_
- Wear **protective styles**, they will keep your hair tucked away and you won't be able to run your fingers through your hair. Don't make them too tight though.
- Occupy your hands. **Knit, crochet, do arts & crafts** or something similar, who knows you might find a new passion!
- When possible, wear a **hoodie**(satin lined, of course!) /**hat/scarf** to cover your hair.
- Train your mind to fidget with your necklace or bracelet and not your hair.
- Did you happen to have one **too many coffees?** Try to keep this down.
- Immediately stop **braiding your hair if you have thinning edges or scaring.**
- **Avoid** at all costs **small braids/twist** around the hairline. Ask your hairstylist for medium sized ones, but not too big that it will weigh down your hair and cause the same problem.
- Avoid hair extensions when applied with chemical glues.
- Se a specialist/dermatologist as soon as possible to asses trauma and decide upon a treatment.
- Don't make your hairstyles too tight

Write down your action plan below!



# Credits

**Thank you for using the ThinningHairEdges Worksheet!  
I hope you enjoyed it and had some revelations  
throughout this activity.**

Cover photo: CreateHerStock  
Cover and worksheet design: by CurlyHairLounge.com

*oh, and don't forget to like and share*

