



CONTROLLED HANDS

THE 30-DAY HAND RECOVERY GUIDE

Your complete protocol for breaking the habit,
repairing the damage, and taking back control.

30

DAYS

3

COMPONENTS

1

OUTCOME

controlledhands.com

This guide is personal. Keep it. Use it. Finish it.

Read This First.

You bought this because something needed to change.

Maybe you've hidden your hands in photos. Avoided handshakes.

Caught yourself picking without even realising you'd started.

You've probably tried to stop before. Told yourself you'd just stop.

Maybe tried a cream. Maybe nothing worked.

Here's what nobody told you: you were never going to stop through willpower alone. Not because you're weak — but because willpower was never the right tool for this job.

Nail biting and skin picking are not ordinary habits.

They are stress responses. Automatic behaviours your nervous system learned to use as a way of managing tension. Your brain built a loop. Every time the loop completed, it got stronger.

You can't break a loop by refusing to run it. You break it by replacing it.

That's what this guide does.

Thirty days. Three components. One outcome.

Follow it. Consistency beats perfection. Let's go.

Why You Do It. Why You Can't Just Stop.

THE HABIT LOOP



Every completion strengthens the loop.

WHY WILLPOWER FAILS

Willpower lives in the prefrontal cortex — the conscious brain. Habits live in the basal ganglia — the automatic brain. Under stress the conscious brain goes offline. 'Just stop' is the wrong tool for this job.

WHAT ACTUALLY WORKS

Replace the behaviour — don't suppress it. Introduce a new action on the same trigger that delivers a similar reward. The balm is your replacement. Apply it when the urge hits. New loop runs. Old loop weakens.

THE SKIN CONNECTION — WHY THE BALM IS NOT OPTIONAL

Rough skin and raised cuticles are tactile triggers. Your fingers find them automatically. The balm removes these triggers at the source. Smoother skin = fewer urges. This is trigger removal, not skincare.

HOW IT WORKS

Your System.

01

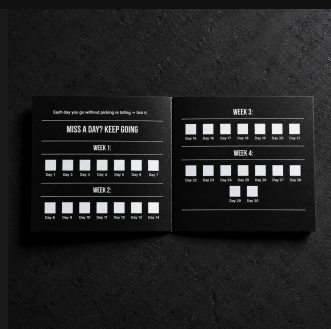


THE BALM

Your pattern interrupt.

Apply morning and night. Apply every time you feel the urge.
The physical act of applying IS the new loop running.

02

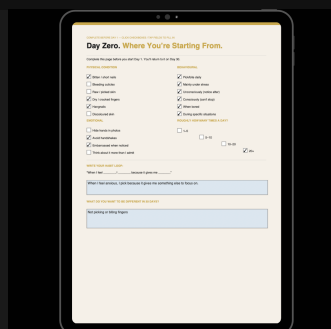


THE HABIT TRACKER

Your accountability mechanism.

One tick per day you don't pick. Don't break the streak.
The streak becomes its own reward loop.

03



THIS GUIDE

Your weekly protocol.

Four week-by-week spreads. Weekly focus, key moments, one reflection question. Minutes to read. 30 days to work.

THE ONE RULE

The only way to fail this system is to stop using it.

Day Zero. Where You're Starting From.

Complete this page before you start Day 1. You'll return to it on Day 30.

PHYSICAL CONDITION

- ☐ Bitten / short nails
- ☐ Bleeding cuticles
- ☐ Raw / picked skin
- ☐ Dry / cracked fingers
- ☐ Hangnails
- ☐ Discoloured skin

EMOTIONAL

- ☐ Hide hands in photos
- ☐ Avoid handshakes
- ☐ Embarrassed when noticed
- ☐ Think about it more than I admit

BEHAVIOURAL

- ☐ Pick/bite daily
- ☐ Mainly under stress
- ☐ Unconsciously (notice after)
- ☐ Consciously (can't stop)
- ☐ When bored
- ☐ During specific situations

ROUGHLY HOW MANY TIMES A DAY?

- ☐ 1–5
- ☐ 5–10
- ☐ 10–20
- ☐ 20+

WRITE YOUR HABIT LOOP:

"When I feel _____, I _____, because it gives me _____."

WHAT DO YOU WANT TO BE DIFFERENT IN 30 DAYS?

AWARENESS

WHAT THIS WEEK IS ABOUT

You cannot change a behaviour you cannot see. This week is not about stopping — it's about watching. Where does the urge come from? When does it hit? What were you doing right before it started? By the end of this week you will know your personal habit loop better than you ever have. That awareness alone weakens the habit.

THIS WEEK'S FOCUS

Notice the trigger — not the behaviour.

KEY MOMENTS THIS WEEK

Day 2 — Start logging your triggers. Phone notes work fine.

Day 4 — Write your loop: “When I feel [X], I [pick/bite], because it gives me [Y].”

Day 7 — Name your primary trigger. Write it somewhere visible.

THIS WEEK'S QUESTION

“When and where does the urge hit hardest?

What is usually happening right before it starts?”

Your answer:

Your Daily Actions.

EVERY DAY THIS WEEK:

- ☐ Apply balm — morning (30 seconds, deliberate)
- ☐ Apply balm — immediately when urge hits
- ☐ Apply balm — tonight before bed
- ☐ Tick your habit tracker

WEEK TRACKER — Click each day you complete:

MON	TUE	WED	THU	FRI	SAT	SUN
☐	☐	☐	☐	☐	☐	☐



NOTES THIS WEEK:

INTERRUPTION

WHAT THIS WEEK IS ABOUT

The urge will still fire this week. That's normal — you're not trying to eliminate it yet, you're interrupting it. Every time you apply the balm instead of picking, you run a pattern interrupt. The old loop starts but doesn't complete. An incomplete loop weakens. This week is the hardest week. It's also where the real change begins.

THIS WEEK'S FOCUS

Apply before the urge completes — every single time.

KEY MOMENTS THIS WEEK

Day 9 — The 10-second rule. Apply and count to ten. The urge will reduce.

Day 10 — Move the tin somewhere you'll see it constantly. Friction kills new habits.

Day 12 — Identify your highest-risk moment. Prepare for it in advance.

THIS WEEK'S QUESTION

“How many times did you interrupt before the behaviour happened?
What made the difference?”

Your answer:

Your Daily Actions.

EVERY DAY THIS WEEK:

- ☐ Apply balm — morning (30 seconds, deliberate)
- ☐ Apply balm — immediately when urge hits
- ☐ Apply balm — tonight before bed
- ☐ Tick your habit tracker

WEEK TRACKER — Click each day you complete:

MON	TUE	WED	THU	FRI	SAT	SUN
☐	☐	☐	☐	☐	☐	☐



NOTES THIS WEEK:

REPLACEMENT

WHAT THIS WEEK IS ABOUT

Somewhere in this week, the new behaviour will start to feel more natural than the old one. You may not notice it immediately — but you're in the window where the replacement is setting in. The balm application is becoming the default response to the trigger. The streak is becoming something you don't want to break. Both of these are the system working exactly as designed.

THIS WEEK'S FOCUS

The new behaviour is becoming automatic — let it.

KEY MOMENTS THIS WEEK

Day 16 — Photograph your hands. Compare to Day Zero. Document what's changed.

Day 17 — Do one thing you'd previously avoided because of your hands.

Day 20 — Write: "I am someone who takes care of their hands." Say it. Mean it.

THIS WEEK'S QUESTION

"Are there situations where reaching for the balm is starting to feel instinctive rather than deliberate?"

Your answer:

Your Daily Actions.

EVERY DAY THIS WEEK:

- ☐ Apply balm — morning (30 seconds, deliberate)
- ☐ Apply balm — immediately when urge hits
- ☐ Apply balm — tonight before bed
- ☐ Tick your habit tracker

WEEK TRACKER — Click each day you complete:

MON	TUE	WED	THU	FRI	SAT	SUN
☐	☐	☐	☐	☐	☐	☐



NOTES THIS WEEK:

CONSOLIDATION

WHAT THIS WEEK IS ABOUT

The hard work is done. This week locks it in. The new loop is stronger than it's ever been — your job now is to protect it. Don't get complacent. Don't skip days because you feel like you've cracked it. The habit that took years to build needs the full 30 days to be properly replaced. Finish what you started.

THIS WEEK'S FOCUS

Protect the streak. Finish strong.

KEY MOMENTS THIS WEEK

Day 23 — Decide your relapse plan now. If you have a bad day — what will you do?

Day 28 — Write five specific differences between now and Day Zero.

Day 30 — Read your Day Zero answers. Look at your hands. Tick the last box.

THIS WEEK'S QUESTION

“What's different about your hands, your behaviour, and how you feel about both compared to Day Zero?”

Your answer:

Your Daily Actions.

EVERY DAY THIS WEEK:

- ☐ Apply balm — morning (30 seconds, deliberate)
- ☐ Apply balm — immediately when urge hits
- ☐ Apply balm — tonight before bed
- ☐ Tick your habit tracker

WEEK TRACKER — Click each day you complete:

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☐	☐	☐	☐	☐	☐	☐



NOTES THIS WEEK:

You've Finished.

Here's What Comes Next.

Day 30 is not the finish line — it's the point where the new behaviour becomes self-sustaining if you let it. Your job now is not to start over — it's to not stop.

1**KEEP THE BALM IN SIGHT.**

Out of sight means out of habit. The tin stays on your desk, bedside table, bathroom shelf. Always visible. Always accessible.

2**KEEP THE STREAK ALIVE.**

The tracker doesn't stop at Day 30 unless you want it to. Continuing for 60–90 days cements the change completely.

3**TREAT A RELAPSE AS DATA, NOT FAILURE.**

If you have a bad day, you now know exactly what to do. Identify the trigger. Apply the balm. Get back on the streak. You've done it 30 days. You know how.

DAY 30 — ONE SENTENCE. WHAT'S DIFFERENT?

DAILY PROTOCOL — QUICK REFERENCE

Screenshot this page and keep it on your phone.

MORNING

- Apply balm (30 seconds)
- Read your week's focus
- Set your intention for the day

DURING THE DAY

- Apply when urge hits — before anything else
 - Apply after washing hands
 - Apply before high-risk moments

EVENING

- Apply balm (30 seconds)
 - Tick your tracker
- Note anything worth remembering

THE ONE RULE

If you feel the urge — apply first.

Every single time.

That's how the habit breaks.



30 DAY RECOVERY SYSTEM

Repair Your Hands. Regain Control.

controlledhands.com

Built for men who are done making excuses.