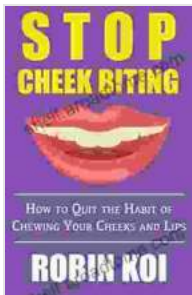


# How to Quit the Habit of Chewing Your Inner Cheeks and Lips

If you're struggling with the habit of chewing your inner cheeks and lips, you're not alone. This common behavior can be caused by a variety of factors, including stress, anxiety, and boredom. While it may not seem like a big deal, chewing your inner cheeks and lips can actually have a number of negative consequences, including pain, bleeding, and infection.



## Stop Cheek Biting: How to Quit the Habit of Chewing Your Inner Cheeks and Lips by Lissa Rankin

★★★★☆ 4.1 out of 5

Language : English  
File size : 732 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 22 pages  
Lending : Enabled



In this article, we'll explore the causes and consequences of chewing your inner cheeks and lips, and we'll provide some tips on how to quit this habit for good.

## Causes of Chewing Inner Cheeks and Lips

There are a number of factors that can contribute to the habit of chewing your inner cheeks and lips. These include:

- **Stress and anxiety:** When you're feeling stressed or anxious, you may find yourself chewing on your inner cheeks and lips as a way to relieve tension.
- **Boredom:** If you're bored, you may start chewing on your inner cheeks and lips as a way to occupy your time.
- **Habit:** Chewing your inner cheeks and lips can become a habit that's difficult to break, even if you're no longer feeling stressed or bored.

## Consequences of Chewing Inner Cheeks and Lips

Chewing your inner cheeks and lips can have a number of negative consequences, including:

- **Pain:** Chewing on your inner cheeks and lips can cause pain, especially if you do it often or for long periods of time.
- **Bleeding:** Chewing on your inner cheeks and lips can cause them to bleed, which can be painful and embarrassing.
- **Infection:** Chewing on your inner cheeks and lips can introduce bacteria into your mouth, which can lead to infection.
- **Dental problems:** Chewing on your inner cheeks and lips can damage your teeth, gums, and jaw.

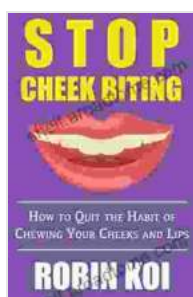
## How to Quit Chewing Inner Cheeks and Lips

If you're ready to quit the habit of chewing your inner cheeks and lips, there are a number of things you can do. Here are a few tips:

- **Identify your triggers.** The first step to quitting any habit is to identify what triggers it. Once you know what triggers your chewing habit, you can start to avoid those triggers or develop strategies for dealing with them.
- **Find a substitute behavior.** If you find yourself chewing on your inner cheeks and lips when you're stressed or bored, try to find a substitute behavior that can help you to relieve tension or occupy your time. Some good substitute behaviors include chewing on sugar-free gum, playing with a stress ball, or doodling.
- **Be patient and persistent.** Quitting any habit takes time and effort. Don't get discouraged if you slip up every now and then. Just keep at it and eventually you'll be able to break the habit for good.

If you're struggling to quit the habit of chewing your inner cheeks and lips on your own, you may want to consider talking to a therapist or counselor. A therapist can help you to identify the underlying causes of your habit and develop strategies for quitting.

Chewing your inner cheeks and lips is a common habit, but it can have a number of negative consequences. If you're struggling to quit this habit, don't give up. There are a number of things you can do to break the habit for good.

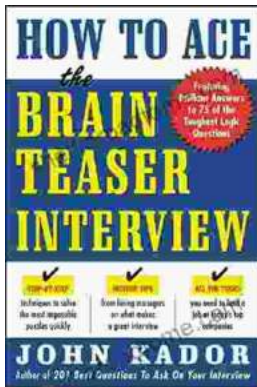


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