

ROOT-RESET™

Hairline Tension Audit

A RED / YELLOW / GREEN checklist for repeated stressors

A practical educational resource by Tolu Okafor

OBSERVE • REDUCE • PROTECT • TRACK

Designed for calm, informed hair-care decisions

1 How to Use the Audit

Mark each item based on what is true for your current routine. The colors are prompts for reflection, not a medical risk score.

Habit or situation	RED	YELLOW	GREEN
The style feels painful or pulls at the hairline			
I repeatedly redo or brush the same edges			
The hairstyle is heavy or tight for long periods			
I use frequent heat close to the hairline			
I notice friction from headwear, bedding, or scarves			
I scratch, pick, or touch the same area often			
I change multiple products at once			
I give my hairline breaks between demanding styles			

2 Color Guide

RED means pause and reduce the pressure if possible. Pain is information, not a test of endurance.

YELLOW means observe the habit carefully. It may be occasional, mild, or difficult to separate from other changes.

GREEN means the habit currently feels gentle and manageable. Continue observing rather than assuming it is perfect.

3 My Three-Step Decision

1. The habit I will stop or loosen today: _____
2. The habit I will monitor for seven days: _____
3. The professional question I may need to ask: _____

This checklist is educational. It cannot identify the cause of hair loss or replace professional assessment.