

Tictock Therapy

www.tictocktherapy.co.uk



How Does The Environment Effect My Tics?

EG: Think about different places, different people, different activities, different food, different situations and different emotions.

When are your tics are better?	When are your tics worse?

Why could this be?

Consider, who is there, what activity you are doing at that time, how do the people with you react towards your tics.

Why are tics better in these environments? _____

Why are tics worse in these environments? _____

Think of ways, to make it possible to spend more time in the 'better' environments over the 'worse' environments. If it's possible.