

My Tic Passport



My tics:

Whistling

Squeaking

Arm flapping

Blinking

How I feel before my tics:

Physical urge

Rising feeling

Tense and uncomfortable

Hot

Knot in the stomach

Itching feeling

Things that make me tic:

Stress and worry

Tiredness

Having to be still

Things that make my tics worse:

Trying to keep them in

If I'm in a public place

If I'm worried about what other people might think

Things that help my tics:

Relaxing

Focusing on something that I enjoy e.g., drawing

Having someone I know I can talk to about my tics or worries