

Competing Response Catalogue



Remember: a good competing response;

- 1) is the **opposite** of the tic (so it “blocks” the tic),
- 2) is **less of a problem** than the tic (for example, less noticeable or less painful),
- 3) can be done for at **least one minute**, or until the urge to tic passes (whichever is longer)

- One Tic at a time**
- Start when you first wake up** – see how long you can make it through the day before that annoying Tic sneaks past your Tic-Guard/competing response
- Arrange a few low-stress days** when you can begin using your Tic-Guard (e.g. on a long weekend, during March Break, etc.)
- Don’t be discouraged if that Tic tries to “boss back” after being gone a little while** – It won’t be as strong as it was, and it won’t take as long to beat this time (It’s just trying to fool you)
- For complex tics** (tics that involve a number of movements/ noises, or a number of tics that are “chained” together), all that is necessary is to have a guard “block” the start of the tic sequence

Good 'Tic Blockers' to Use!!!

<u>Motor Tics</u>	
Body jerk	Tighten stomach and buttocks muscles
Body twist	Stand or sit up straight while tensing back and keep hands to side (or in pockets, under legs)
Backward Head Jerk	Tense neck muscles, pull chin slightly down and in, keep head in "eyes-forward" position.
Head Shake	Centre head, tighten neck muscles slowly and "turtle" head (make neck shorter) with eyes forward until head is still. Can put chin on chest if necessary.
Neck Stretching	Tighten neck muscles; "turtle" (depress head to shorten neck).
Eyebrow Raising	Pull eyebrows down slightly, tense forehead enough to prevent eyebrows from rising up. Stare at one point, end with one controlled eye blink.
Eye-blink or Eye-squint	Regular, purposeful, soft blinking (one blink every 3-5 seconds). Look down every 2 nd blink, <u>OR</u> Stare ahead, focus on object
Nose Movements	Pull upper lip down, press lips together, <u>OR</u> Pull nose down slightly, keeps lips pressed shut, deep breathing
Mouth Movements/ Facial Grimaces	Clench jaw, press lips together
Lip Pucker	Press lips together lightly.
Jaw clicking or thrusting	Let jaw hang loosely while doing relaxed breathing, holding breath for 2-3 sec

	before exhale
Tongue clicking	Push tongue to roof of mouth, close mouth and breath
Spitting	Press lips and use deep breathing
Shoulder Shrug	Push shoulders downward to tighten muscles against the “shrugging” movement, push hands backwards against some object (e.g. chair arm, thigh).
Forward Shoulder Jerk	Push shoulders down, tense arms/elbows against side (you can fold your hands together in front of waist to make it appear more natural).
Arm Movements	Push hand down on thigh, press elbow against side of body.
Elbow Flapping	Press elbow against side of body.
Wrist Movements	Push hand onto object (chair arm, leg, etc.), tense muscles opposite to tic movement (e.g. tighten muscles lifting hand up if the tic wishes to jerk hand down).
Finger/Hand tics	Standing: Fold hands together in front of stomach and press. Sitting: Spread out hand(s) on leg and press, OR Cross arms
Knuckle cracking	Cross arms Fold hands
Leg Movements	Standing: Lock knees. Sitting: Place feet flat on floor and push downwards.
Toe Movements	Press all toes flat on ground

Phonic Tics

Vocal, phonic, or “noisy” tics	Slow, regular, deep “belly” breathing through nose with mouth closed. 5 seconds in, 7 seconds out (don’t hold your breath!) Picture breathing out the urge to tic, or picture breathing out the tension in your muscles).
Sniffing/Snorting	Part lips, breathe slowly, regularly, and deeply through mouth. 5 seconds in, 7 seconds out (don’t hold your breath!)