

Starving Tics of Attention Transcript

[Male Speaker]

You know, tics would love to live in a glass house like that, all sorts of attention on everything they are doing all the time every day. Actually, that is a good thing to know about tics, they love attention. And of course, the more attention a tic gets the more it is going to want to come out. So, an important part of tic management is actually to think of different ways we can starve that tic for the unnecessary attention it's looking for. For one thing, we don't want a tic to run the show, so that might mean not reacting to the tic every time it comes out, you know, not getting angry or upset or laughing. It might also mean not changing your behavior, not stopping what you are doing just because that tic has shown up.

[Female Speaker 1]: ow!

[Female Speaker 2]: Do you want me to rub your neck?

[Female Speaker 1]: Yeah.

[Male Speaker]

Now, when I say don't give that tic any attention I mean, anytime attention, good or bad. That doesn't mean you can't ever tell people about your Tourette's, or get some help with it or even laugh at it. It just means that you don't want to do it on the tics schedule. So sure, tell your friends that you have Tourette's, just don't do it because you just had a tic. Sure, have your mom rub your neck if it's getting soar. Just don't have her do it every time the tic comes up, pick a time to do it at night. Now another important thing is to make sure that you kind of arrange your life in a way so that it minimizes tic reactions. This can mean things like, sitting at the back of the movie theater, rather than at the front where the tic is going to get lots of attention or it might mean telling your classroom that you have Tourette's so that you don't get more and more reactions and confused attention every time a tic comes out. Now, the final thing that I want to mention is that if you've been using a tic blocker for one of your tics all of a sudden giving that tic a bit of attention isn't going to bring it back full force the way it would with old school suppression. The neat thing about Tic Management is that the more you use your tic blocker the less and less that tic is going to be able to take advantage of any attention you give it. So, I'm Dr. Dunk, stick that tool in your toolbox.

[Text at end of video]

Starving Tics of Attention

'Starving' tics for attention will help to weaken them!

- This is true for both good AND bad attention!

Don't change what you're doing because of the tic!

Arrange your life in a way to minimize tic reaction!

Tics you've blocked will react less to attention!