



## Treatment is finished ....

### *How will I remember everything I learned?*

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Here are some suggestions:

#### 1. Tune-Up Appointments

- **Drive In! Tune-Up!** mandatory appointments occur one and two months following completion of group. They are an awesome chance to boast about your progress, get some help with something that is bugging you, and/or review what you learned, or even get help with a tool.
- **If you require more tune-ups** in the future, please call the Brake Shop Case Management Coordinator at 519 858-2774, extension 2362.

#### 2. Pop Up Reminders on your cell-phone, computer, watch, or iPod

- Why not set reminders on your digital calendar to pop up once in a while reminding you to review your tools (Exposure & Response Prevention programming), or to do a beaker check-in (Self Management programming), review a tic blocker (Tic Management programming) and/or put a worry on trial (Anxiety Management programming)?

#### 3. Review your treatment materials

- Pull out and read through the material to refresh yourself or your cheerleader

#### 4. Sticker Up

- Place stickers randomly in your agenda, around home or anywhere you want to practice. Seeing the sticker will remind you to use an ERP tool, a relaxation strategy, a beaker-emptying strategy, or a tic blocker.

#### 5. Visit the Leaky Brakes Tool Boxes

- available at [www.leakybrakes.ca](http://www.leakybrakes.ca) (Exposure & Response Prevention, Self-Management & Tic Management)

#### 6. Add your own creative ideas

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***Remember, to become good at something it takes  
PRACTICE, PRACTICE, PRACTICE!!!!***