

# Tic Management

## Tic-Blocker

**Opposite** - to the tic

**Benign** - not worse than the tic

**Hold/Do** - for 1 min or until the urge passes (whichever is longer)

## Tic Management ~ Tic-Blockers

**When:** The urge comes (target tic)  
In the tic's favourite hangout  
If target tic slips out (block after)

**Tips:** Start 1 tic at a time  
Start during low stress periods  
Start as soon as you wake up!