

The CPRI Brake Shop Tic Management Treatment: Ways My Tics Annoy Me!!!



Write down things about your tics that bother you.

Keep this list handy over the coming sessions, and think about how great it will be to not have these annoyances anymore – it'll help to keep you on track!

Once you've worked on the tic which caused that annoyance, it'll feel really good to cross that item off the list! ☺

I can't wait to work on my target Tic because it is...

EMBARRASSING!!!

- I feel self-conscious because of my Tics
- I hate having to explain my Tics to people all the time
- I get teased, imitated, laughed at, or yelled at because of my Tics
- other: _____

INCONVENIENT!!!

- holding in my Tics tires me out
- when I'm excited or upset about something, my Tics come out more
- other: _____

DISRUPTIVE!!!

- holding in my Tics makes it hard to do other things
- I get asked to leave places because of my Tics
- other: _____

DIFFICULT!!!

- my Tics hurt me!
- I avoid being with certain people because of my Tics
- other: _____