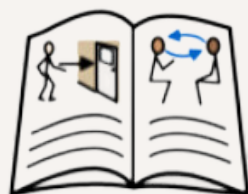




Supporting our Tic & Tourette Community
since 2018

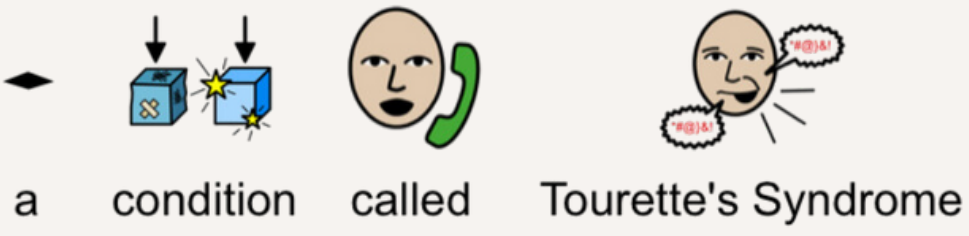
Living with Tics & Tourette's



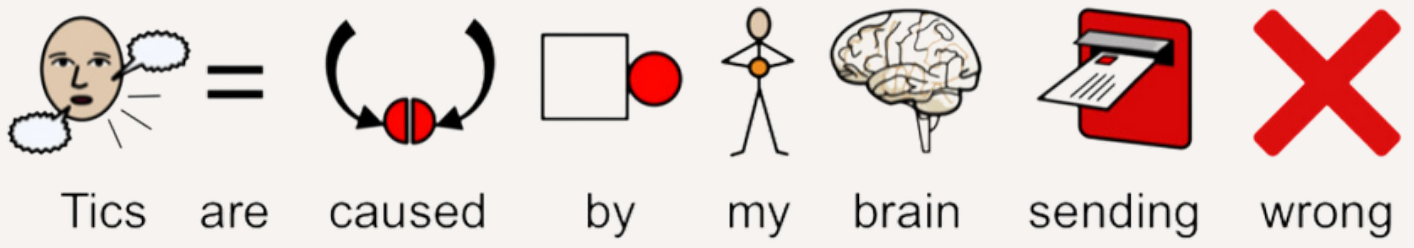
Widget Social Story



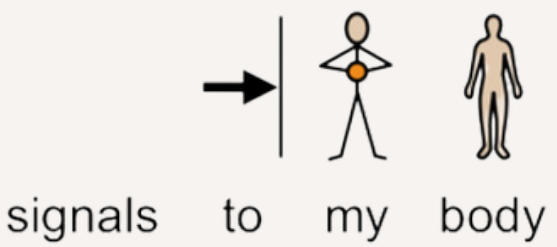
I have movement and vocal Tics caused by



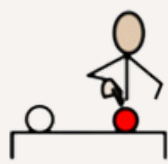






a condition called Tourette's Syndrome



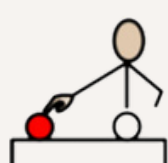

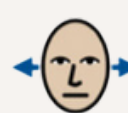


Tics are caused by my brain sending wrong











signals to my body

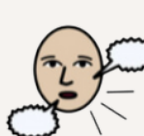



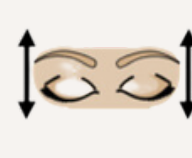


 This means I make sounds and movements

 that I do not mean to make

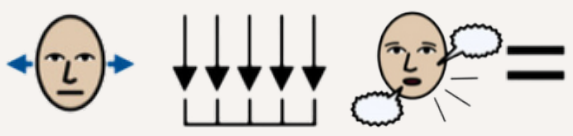









 Each persons tics are different but some common

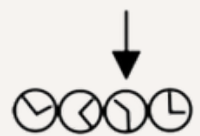








 tics are coughing sniffing blinking nodding and

eyerolling



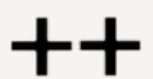
Not all tics are visible



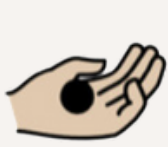
sometimes



people



also



have



mental



tics



and



internal



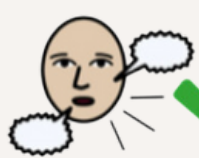
tics



too



mental



tics



can



include



words



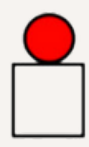
phrases



and



images



on



repeat



in



my



head

























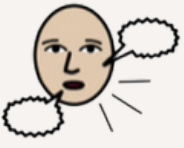


 Internal tics are when I tic muscles you

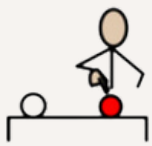



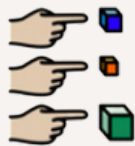



 can't see like when I tense my tummy muscles



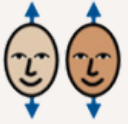
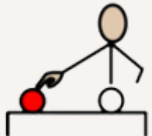



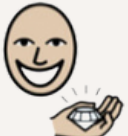
 Before I Tic I get a feeling called a

 Tic urge

 This feels different for each person with Tic

 but most agree that the feeling isn't nice



I



can't



control



when



or



what



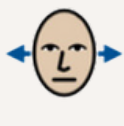
I



Tic



I



do not



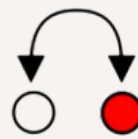
mean



what



I say



or



do



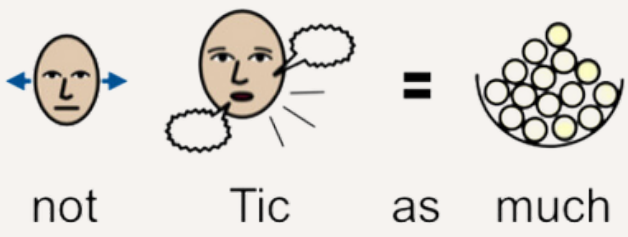
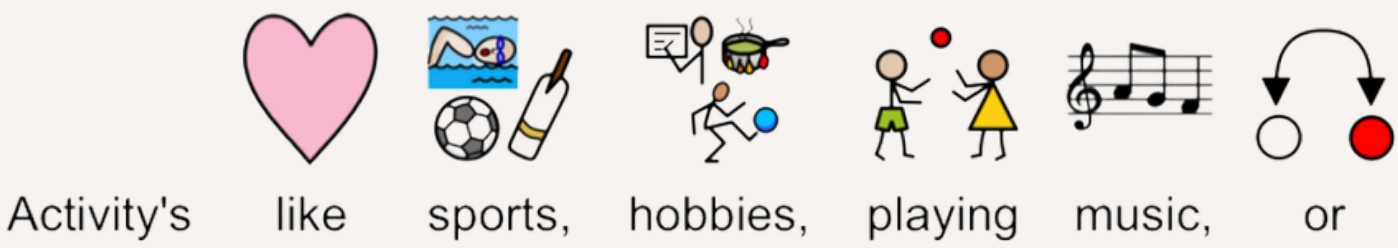
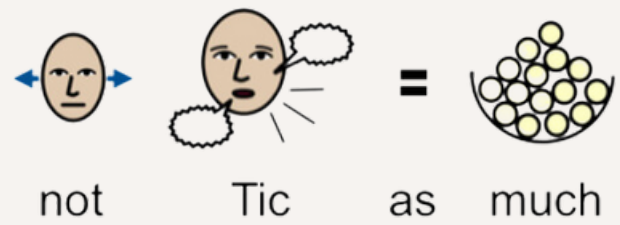
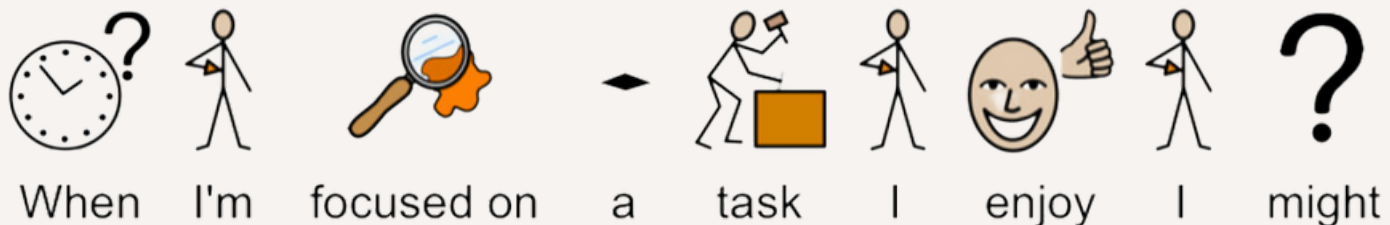
when

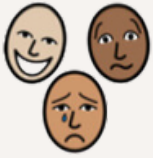


i'm



Ticking





Emotions



can



make



me



Tic



more.



If



I'm



anxious



or



excited



I



may



Tic



more

=



tired



or

overwhelmed



can

++

also



make



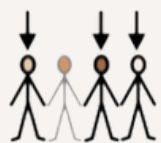
me



tic



more



Many people



with



Tourette's



are



very



creative



and /or



caring



You can



help



me



with



my



tic



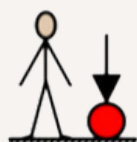
by



helping



me



stay



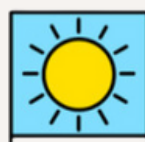
calm,



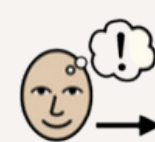
keeping



my



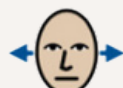
day



predictable,



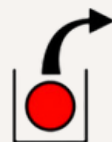
and



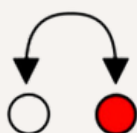
not



pointing



out



or



commenting



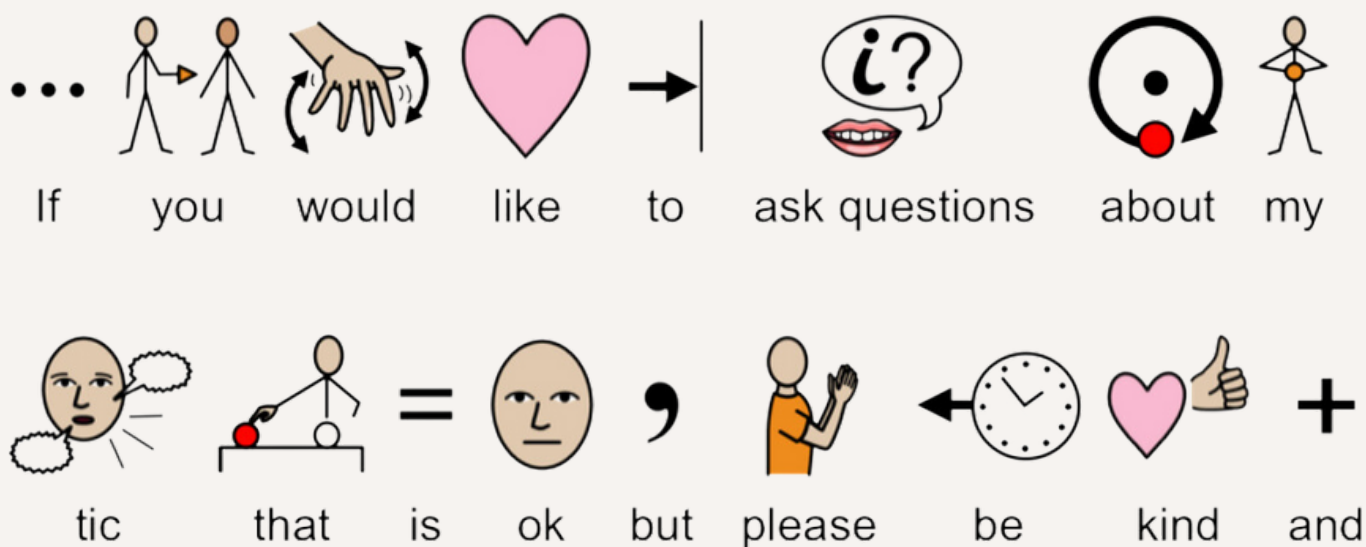
on



my



tic



understanding.

**To learn more about tics and
Tourette's visit
www.tictocktherapy.co.uk**