

Creating a Tic List Transcript

[Male Speaker]

Oh, Hi there, so the first step in Tic Management is to come up with a tic list. Now, you don't have to write down every tic you have ever had in your entire life, you don't even have to write down every tic you've got now. For the purpose of tic management, just write down the tics that are bothering you. Now I want to say that again, I want you to write down on your list the tics that are bothering you, the person with tics. Yeah, some of your tics are going to bother other people, but if they are not bothering you, they have no business being on your list. Tic management isn't about changing who you are to make other people accept you and it's not about being a better person if you get rid of certain tics. I want to be clear about this, you're okay just the way you are and it doesn't really matter what tics you have or which tics you want to work on. If other people don't agree with that, that is their problem, maybe they really don't deserve to be around you. Now, if you've got a complex tic, a number of different tics that all happen together at the same time in the same order, just count that as one tic on the list. So now that you've got all the tics that you want on your list, next we have to figure out how much each of them bothers you. Now, in the Brake Shop, we tend to rank them using a scale from 1 - 10. So 1 would be "tic, what tic? I have that tic?". And a 10 would be "that tic is ruining my life". Now, in figuring out how to rate your tic you can ask yourself different questions. Things like, well you know does that tic hurt me? Is it doing damage to my body. Is it always getting misinterpreted so I'm wasting time explaining myself all the time or I'm getting in trouble for it all the time. You can also ask yourself questions like "well, what would be different in my life if that tic were gone tomorrow?", "would I feel less tired or embarrassed?", "Would I go places that I avoid now?", "would I be able to do things that I can't do now".

[Female Speaker]

I have tics and OCD and I don't know how to figure out which one is which.

[Male Speaker]

Now, lots of times people do have both tics and OCD and so trying to figure out which is which is a common question. The easiest way to answer that question, "well, why am I doing that?" and if your answer has something to do with responding to a feeling that's probably a tic, but if your answer is your doing it to respond to some kind of rule like: well I have to do things in even numbers or "I do it over here, so I have to do it over here" or "I'm doing it to keep my mother safe" that is probably OCD.

[Female Speaker]

But what if it is both? What if it's a tic and I don't do it right and my OCD tells me to do it again.

[Male Speaker]

Now, if there is elements of both involved we tend to call that a Compultic. In terms of whether or not to put on your tic list it has everything to do with order. If that Compultic starts off with a tic and then ends in OCD put it on your list. But, if the first part is OCD, don't put it on your tic list. So I'm Dr.Dunk, stick that tool in your toolbox.

[Text at end of video]

Creating a Tic List

Make a list of tics that bother YOU!

Complex tics = a number of tics that happen together!

- Count as one tic!

Rank your tics from 1 to 10 by how much they bother you!

Tics vs. OCD: URGES vs. 'RULES'!

"Compultics" = elements of both tic and OCD!

- put on tic list only if the Compultic STARTS as a tic!