

Be a Tic Detective Transcript

[Male Speaker]

shh, knowing your enemy is the first step to beating him. So we've got some tic detective work ahead of us next. Tic detective work, is a little bit like spying on your tic. It's like you are gathering in-tell on it to understand all of its patterns. You know, where it likes to hangout, how it likes to come out, that sort of thing. So, the first thing we should do is pick a tic off that list you already created. Now, I would recommend you pick that tic you gave the highest number too because that is the one you want to get rid of the most. So, first, we need to break that tic down in all its different steps and we need to figure out what is the first part that happens during that tic. Where does that tic start in our bodies? Does it always happen on the same side of our body, that sort of thing. The second thing we want to figure out are all the warning signs for the tic, most people can tell their tics are coming, for some people it might be a feeling or a pressure or a tickle or an itch. A fancy term for that is a premonitory urge. But, for other people it can be other things that your body is doing in preparation for the tic. Things like, your shoulders are raising or you're holding your breath, things like that. Now, the third thing we want to do is figure out all that tics favorite hangouts. It usually likes coming out more in certain places or with certain people. It could be certain people like your sister, it could be places like church, it could be even times of day like more at the end of the day or after school. It could also have something to do with body posture or the tic only comes out when you are sitting rather than when you are standing. Now, thinking about tics in this way or talking about them in this way may feel a little weird at first, cause probably in the past the only times you've ever talked about your tics it's been a bad thing, you've been getting a negative reaction or you're feeling ashamed or nervous. But you know, in this context, tic management is a good thing. I mean, people worry that talking more about your tics is going to make them come out more rather than less. But this kind of attention to tics is actually going to make tic management a lot more effective. For example, it'll help us to come up with much more effective tic blockers which is something you are going to learn about next and how to use those tic blockers really well. So, I'm Dr. Dunk, go stick that tool in your toolbox.

[Text at the end of video]

Be a Tic Detective

Pick one tic from your list: the one that annoys you the most!

-Break the tic down into its steps (e.g. the 1st part of the tic, the 2nd part...)!

-Notice the warning signs (premonitory urges)!

- Find the tic's favorite hangouts!

Tic Detective work helps you to beat your tic!