The CPRI Brake Shop: CBIT



Once this annoying tic is gone, things might get better!

Here's how...



Managing Tics can be hard work and we think you deserve some reward for your efforts. You can reward yourself in lots of ways.

List below some ideas.

It's important that parents & caregivers reward/recognize the hard work you are doing. Work with your cheerleader to come up with some ideas.

