

Brainstorming Tic Triggers

Date: _____ Describe the situation, including the tic response:

List possible factors:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Review your list and develop a game plan for how you can approach this situation to learn more about what may be causing the reaction. List future observations and narrow your list of possible problem factors.

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