

Explaining your habits to friends...

You could give someone an example of what it is like to have these habits. Tell them not to blink their eyes for as long as they can. After a while, they will just have to blink. Tell them that this is what your habits are like. After a while, you just have to tic, and you cannot help it.

Give them suggestions of what to do when you are making movements. For example, they can ignore it or stop talking until you are done. Tell them there is no need to feel embarrassed about you when you are making these small movements. Most importantly, ask them not to tease you about it.

Remind them that everyone is a little different. Some people wear glasses, have braces, or bite their nails. You just happen to have tics.

Ask them if they have any questions.



I have tics 

Sometimes, I make movements and noises called tics.

I can't control it, and lot of children have them.

Please don't stare and make fun of it.