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Tourette
THE PATH FOR INCLUSION
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PRACTICAL SELF-REGULATION TECHNIQUES FOR YOUNG PEOPLE WITH TOURETTE'S SYNDROME

Work through your fear of rejection. Imagine a scenario in which you emerge victorious.

Generate positive thoughts about what you want to happen

Work on relaxation and the need for control

Work on understanding yourself and your difficulties, what you are facing and what the other person is facing.

Tell the other person that you have Tourette's so that controlling your tics doesn't prevent you from showing yourself as you are.

Understanding towards the couple, not making Tourette's the protagonist of the relationship

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