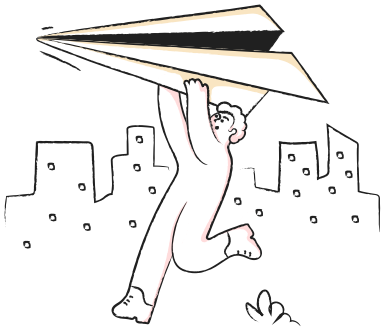
Cofinanciado por la Unión Europea

Tourette THE PATH FOR INCLUSION Co-funded by the European Union

Tips for dealing with microdiscrimination in Tourette syndrome

01 Communicate

Assertively, by saying what bothers you. Failure to do so can damage self-esteem.

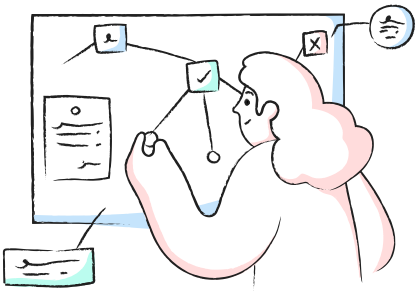


02 Support

Lean on family and friends. Shift your focus from tics to other skills and abilities.

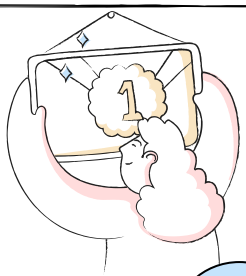
03 Attitude

Avoid expressions or attitudes that negatively influence you



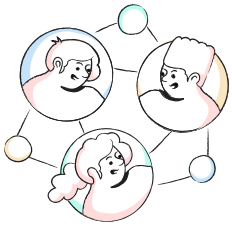
04 Compliments

Praise the abilities and efforts you make, both in public and in private.



05 Confidence and pride

Build positive expectations about your abilities. Participate in activities that inspire pride and confidence.



06 Don't accept ridicule or rejection for your tics.

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