

ACN Tic Triggers Checklist

These are suggestions for areas to consider as potential tic triggers. It is not a complete list, and not all of these items are relevant to everyone.

A body-mind connection

- Anxiety, fear, panic
- Doing nothing (boredom)
- Listening to someone talk about tics
- Obsessive thoughts
- Seeing other people's tics
- Stress

Classic chemical exposures

- Chlorine and other swimming pool chemicals
- Cleaning products
- Detergents
- Gas fumes (car, heating, or cooking)
- Home renovations, new cabinets or furniture, new home
- New carpeting (toxins)
- Paint, wood-stain treatments, paint removal products
- Pesticides (insect treatment, home sprays, bug repellent, freshly treated lawns)
- Other

Electronics (see also Light)

- Cell phone use
- Computer or television use; CRT screen (older, standard cathode ray)
- Computer or television use; LCD screen (newer, liquid crystal display); or plasma
- Video games

Food-related

- Alcohol
- Artificial colors
- Artificial flavors
- Artificial sweeteners

Food-related, continued

- Caffeine
- Preservatives and other additives
- Sweets/sodas/cane sugar
- Specific foods (Be sure to explore foods eaten three or more times per week in addition to known triggers; use a separate food log, if preferred.)

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Infections

- Viral (flu and cold)
- Bacterial (strep)

Inhaled allergens (see also Scented products)

- Dust
- Grasses, fresh flowers, natural fragrances
- Mold
- Pollens
- Smoke (tobacco, lingering smoke odors, charcoal grill, fireplace)

Light (see also **Electronics**)

- Flashing
- Bright (sunlight, lights at night)
- Fluorescent
- Viewing in movie theaters, especially visually intense films

Medications or treatments

- Allergy or cold medications
- Stimulant medications
- Dandruff shampoo to control eczema
- Other

Movement

- Car or bus rides (see also Light: and page 262)
- Changing from a standing or sitting position to a walk or run

Physical—miscellaneous

- Dental work (braces, spacers, fillings, fluoride)
- Fatigue
- Feeling hungry or thirsty
- Insect bites
- Vaccines (acute or observable reaction)

Scented products (see also Inhaled allergens)

- Air fresheners (plug-in type, spray, other forms)
- Perfume, cologne, or aftershave
- Typical deodorants
- Scented candles or artificially scented potpourri
- Scented personal body soaps, conditioners, and sprays
- Scented detergent and fabric softeners

Sound

- Abrupt, loud
- Background or competing sounds

Temperature

- Heat
- Sudden temperature changes in either direction

Touch

- Clothing and fabric on skin
- Hand-holding, hugging
- Heavy touch bothers
- Light touch bothers
- Other physical contact

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Take away tips for Chapter 7

- 1) Don't write on your only copy of the ACN Tic Triggers Checklist. You may want to update the information later on a "clean" work page. Blank copies of the checklist are available for downloading from our website: www.ticsandtourettes.com. If you don't have access to a computer, we recommend that you make copies of the forms from this chapter before starting to mark down your observations.
- 2) You should plan to revisit the Checklist occasionally, adjusting your thoughts and findings over time. The Tic Triggers Planner worksheet in Chapter 8 is designed for monthly use. The Brainstorming Tic Triggers form, also in Chapter 8, can be used on an as-needed basis.
- 3) Stay focused—you can't do everything at once! Select certain areas to investigate based on your situation, and expand your efforts later.

Notes:
