

Checklist for Observing and Brainstorming Tic Triggers

Keep this sheet handy so you can update it as you become aware of influences that may be affecting tics. Using a daily log as a companion effort can be very useful.

Location

- Generally worse indoors
 - Generally worse outdoors
 - Better at beach
 - Better in countryside
 - Worse in air conditioning
 - Worse in a particular room of home
 - Worse when in bed or on awakening
 - Worse when heat turned on
 - Worse in damp places or basements
 - Worse in specific locations
 - Worse in car (new old Worse after school bus ride
 - Worse at gas station
 - Worse on sports fields or golf courses
 - Worse in stores with perfumes/candles
 - Worse in certain types of lighting
 - Worse in aisles with pest/lawn/laundry products
 - Worse with home-remodeling, fresh paint
 - Worse with plug-ins/air fresheners
 - Worse with indoor fresh holiday trees
- Other _____

Time/season/weather

- Worse in cold or heat
 - Worse in fall season
 - Worse in spring
 - Worse in evening or morning
 - Worse during or after rain
 - Worse in bright sunlight
- Other _____

Activities

- Worse when dusting or vacuuming
 - Worse when using cleansers
 - Worse when raking leaves or cutting grass
 - Worse around dogs, cats, other animals
 - Worse around smoke/smog/air pollution
 - Worse after certain meals or foods
 - Worse with certain clothing
 - Worse with loud noises
 - Worse when stressed, anxious, or excited
 - Worse when tired or after exertion
 - Worse with video gaming/television viewing
 - Worse with computer/tablet use
 - Worse when using hair products/scented soaps
 - Worse with bug repellent
 - Worse around odors
 - Worse when using crafts, markers, paints
- Other _____

Miscellaneous

- Worse or better after dental procedures
- Worse or better premenstrually
- Worse or better with allergy medication
- Worse or better with antibiotics
- Worse or better with steroids
- Worse or better with viral/bacterial infection

Notes:
