

Here's what I think makes my tics worse

- | | |
|---|---|
| <input type="checkbox"/> Feeling too hot or too cold | <input type="checkbox"/> When my allergies are bad |
| <input type="checkbox"/> Watching TV | <input type="checkbox"/> When I have a cold |
| <input type="checkbox"/> Riding in a car or bus | <input type="checkbox"/> When I feel sick to my stomach |
| <input type="checkbox"/> Being hungry | <input type="checkbox"/> When I have pizza |
| <input type="checkbox"/> Playing sports | <input type="checkbox"/> Swimming in a pool |
| <input type="checkbox"/> Being nervous | <input type="checkbox"/> Playing with a pet |
| <input type="checkbox"/> Feeling tired | <input type="checkbox"/> Playing video games |
| <input type="checkbox"/> Working on the computer | <input type="checkbox"/> When I drink _____ |
| <input type="checkbox"/> When I'm worried | <input type="checkbox"/> Being at school |
| <input type="checkbox"/> When I'm angry | <input type="checkbox"/> Being in _____'s house. |
| <input type="checkbox"/> Being excited | <input type="checkbox"/> When I eat sweet things |
| <input type="checkbox"/> Smelling things like perfume | <input type="checkbox"/> Using a tablet or iPad |
| <input type="checkbox"/> Smelling bug spray | <input type="checkbox"/> When I eat out |

Other things that bother me:

Name _____ Date _____