



## **Visiting places - EG: Restaurant**

Different environments can trigger tics. A common struggle for individuals with Tourette's is restaurants, parents too can find these as equally stressful times. In this exercise you can explore, discuss and implement strategies to make visits to restaurants more enjoyable. You can use the same worksheet to explore other venues too.

Use the chart below to list how hard or easy it is to visit different restaurants. Add specific place to the list which you visit regularly. Parents let's hear your view here too.

Put a 😊 for easy restaurants.

Put a 😐 straight face for restaurants that re ok for you but not easy.

Put a ☹️ for hard restaurants.

Type of restaurant	Your Rating	Parents Rating	Additional Notes
Sandwich shop			
Coffee shop			
Sweet shop			
Convenience shop			
Pizza restaurant			
Chinese restaurant			
Restaurant with outdoor area			
Casual sit-down restaurant			
Formal restaurant			
Buffet			
Restaurant with play area			
School canteen			

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Now you have both rated these venues, compare your scores. The first and easiest strategy to implement is to look at the places you both scored a 😞 for. If you haven't already, stop going to these places for now. You can reintroduce hard places in the future. Make the restaurants where you both scored 😊 as the 'go to' places.

The restaurants which you have either disagreed on ratings or have both agreed with 😊 face too. Visit these venues with 'caution' when I say caution I just mean, pick your battles. If your having a 'bad day' whether that's due to tics, anxiety or just generally feeling bleurgh. Don't put yourself through visiting places that can add to your stress

Some other ideas to help in restaurants could be:

- 1) Ask to sit in a booth (you will probably feel less anxious if you are slightly hidden)
- 2) Make sure you take activities with you that calm you down such as drawing, colouring, a book, electronic such as your phone. Engage your self with these activities whilst you're waiting for your food.
- 3) Download menu before you go so you can order quickly.
- 4) Chose a restaurant that you prefer based on the noise levels. (e.g.; some like busy restaurants as they are loud, so people are less likely to notice vocal tics. Yet others prefer empty restaurants as although they are quiet, there is less people to react to your tics)

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## **Other venues – use this to rate other venues.**

Now you have practiced with restaurants, give it ago with other places, school, park, shops, grandparents etc.

Type of (add venue type)	Your Rating	Parents Rating	Additional Notes

Use the same principles as before to find places / people and situations that more manageable for you.