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Website:
Tourette Syndrome • OCD
ADHD • Sensory • ODD/ 'Rage'

BEAT THE BULLY!

ICE-BREAKERS:

Remember: 99% of people that react are possible friends who JUST DON'T UNDERSTAND! These lines are for people who need YOUR HELP to get comfortable with your Tourette! Use these to start a conversation or get a laugh!

-(After you vocally tic)

- Wow! That was a good one!
- Great echoes in here, eh?!
- Yeah, see? My Tourette agrees!
- I am freak, here me hoot (or bark, or snort, or....)

-(After you vocally tic LOUDLY)

- Gotcha (smile)!
- Sorry for scaring you.....I have Tourette Syndrome. Would you like a pair of clean underwear??!

-(After a flurry of tics)

-And now back to our regularly scheduled program!
-and THAT'S what I have to say on THAT!

-(After someone has said something and you tic)

- Tourette says that ranks five hoots (or barks or snorts or....)!
- Tourette gives it two hoots (or barks or snorts or....) up!

-ADD YOUR OWN FAVOURITE CONVERSATION-STARTERS:



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*Lines to use when all else fails! These are for people who are going out of their way to act rudely towards you — they need to know that this is **THEIR** problem, not yours!*

SOMEONE WHO DOESN'T SAY ANYTHING, BUT CONTINUALLY LAUGHS AND WHISPERS:

-Can we move on please? Since you seem to want to just giggle like a child instead of asking like an adult, I have Tourette Syndrome.

-THAT'S the best you can come up with? To laugh? C'mon, I really look like an idiot here: this is great material to work with. You can do better than that!

-I feel sorry for you for feeling so insecure that you need to make fun of someone with a DISORDER to make yourself feel better.

-I look and sound like a jerk because I have Tourette Syndrome: so why are YOU acting like a jerk?

-My symptoms make it hard for me to be subtle; perhaps YOU could be subtle in your reactions.

-Does it make you feel like a big man to pick on someone with a disorder?

-(To an adult) <look at him/her with shock> It's Tourette Syndrome. What are you, 12 years old??!

SOMEONE WHO ASKS YOU TO STOP TICKING:

-Gee, I hadn't THOUGHT of that before! I could just STOP! Wow — after so many years of being laughed at for being weird, and that's all I needed to do! THANK YOU (shake his or her hand)!!



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-Why would I do it if I could help it??!

-Perhaps I shouldn't come out in public either, or ride on the back of the bus too (sarcastic).

-Would YOU make freaky noises and look like an idiot if you could help it? I wouldn't either.

-If I COULD help it, I wouldn't let myself be such an easy target for you!

-Do you really think I have no MOTIVATION to stop until you ask me to??!

SOMEONE WHO GIVES CONTINUAL ANNOYED OR DISGUSTED REACTIONS:

-I'm sorry!! How thoughtless and selfish of me to not consider the impact my ___ years of living with Tourette Syndrome might have on these fleeting seconds of YOUR life. My deepest apologies.

-You think I'M any more thrilled sitting next to you, the way you're carrying on?

-Look, pal, if this is the only thing you can find to complain about, life's pretty good.

-You're pretty lucky, you know — you only had to put up with my tics for _____ minutes. I'm distracted by the intolerance, ridicule, and rudeness of people like you every day for the rest of my life.



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MISCELLANEOUS SITUATIONS:

-(Someone who points out that you tick) Yes — very good (pause). And your point is?

-(Someone who imitates you) <laugh> I only do it because I can't help it — why on earth are YOU doing it??!

-(Someone who repeatedly stares) I look the same way everytime I do it. Do you have any questions you'd like to ask me?

-(Someone who asks you if you have a problem) No, I don't have a problem. I have TOURETTE SYNDROME, but I don't have a problem. Do YOU?

PRACTICE OR "ROLE-PLAY" YOUR FAVOURITE LINES ON YOUR FRIENDS AND FAMILY SO THAT YOU ARE PREPARED THE NEXT TIME SOMEONE REACTS TOWARDS YOU! GOOD LUCK!