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Tourette Syndrome • OCD  
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## **Disinhibited Thoughts #4**

When I was a kid, I took desperate measures to conceal my TS: I prayed that this weird companion within me would just go away. Ironically, it was only after admitting and accepting that it wouldn't go away that it did.

Well.... in my thoughts at least. I found that learning all about how TS works, talking about it to others at length, both on personal and professional levels, and surrounding myself with many others like myself 'satiated' me in a way. TS for the first time no longer incessantly occupied my mind at all times, insisting that its presence be constantly in the forefront of every moment. It took me a long time, and a lot of blood, sweat, and tears but eventually I had allowed my obsessive mind to explore and analyze various facets of this condition to the point of boredom. Someone's looking at me because I just barked. Ho-hum. How mundane. Can't they do something more original??

I once heard the president of the Wellington Waterloo TSFC chapter advise a parent to take steps to take TS out of the centre of attention. I agree, and for many reasons (some of which are below):

-The more parents can take TS from the limelight (even if they are faking it at first!), the more they can communicate to their child that this disorder isn't the end of the world. Life – even good quality life – can go on.

-The more individuals with TS can take TS from the limelight (even if they are faking it at first!), the less of a "target" they'll be for discrimination – a person who looks at ease with who (s)he is and openly displays it is a much less appetizing target than one who communicates insecurity through constant anxious dwelling. Attempts to hide the disorder can even communicate to potential employers/ significant others that this disorder must be a very disabling and awful thing indeed if the person him/ herself goes to such lengths to mask it

-Any kid, Tourettic or otherwise, likes to push the envelope to see just how much they can get away with. If, through the attention of doctors, parents, and teachers, a child gets the sense that this disorder must disable him/her to a great degree, (s)he may succumb to this belief, and never realize the extent that (s)he could exert control and self-discipline over him/herself.

From my experience, the way to take TS from the centre of attention is to first fully explore and plan for it. One of many advantages to being diagnosed with a "disorder", in my opinion, is that while most people in life manage to avoid or deny their shortcomings, faults or miscellaneous "baggage" throughout life, we are forced to look at ours head-on. While so many of those poor "normies" plod through their whole lives with their baggage in tow, we have the opportunity to face it, deal with it in some way, and move on. Those of us that turn around and pick up their trailing baggage have a distinct advantage – we can no longer be tripped, held up, slowed down, and otherwise inconvenienced by it.

Until next time, my friends!  
Duncan  
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