

## Missing Your Tics?

Hey everyone! Today I'm filming just a very quick video about missing your tics.

Some people if they don't tic for a while due to a management strategy they're using (or something like medication or a diet change), they may actually start to miss their tics, which sounds quite strange because when we have our tics (especially if they're severe), they can cause distress and we might not want them; they bother us, they can hurt us, they can be horrible to deal with, but some people may actually miss their tics once they are reduced or gone for a while because, in a sense some people feel like it's part of their identity, they're known for ticcing and it's just a part of them, so if there is something that reduces that, it can be kind of weird and it can feel like you've kind of lost part of yourself.

It can also make you worry whether you are still valid in the Tourette's or tic disorder community (or whatever you have), and the answer is yes you are, even if you don't tic now or your tics are a lot milder than most people's, or if you don't tic as much as you used to. You are still valid, you are still welcome in the community, you can still have friends in the community - no one's going to side-line you for that, you've still got the condition, you've still faced the issues and people should really be happy for you that you have found something that helps you, and if they're not then you have to question whether they are the best friends to be with in the first place.

You are also still welcome to talk about your experiences if your tics are milder of course. You still have the right to share your experience if you want to and talk about it and everything, you don't just have to be a severe case, you don't have to endure severe symptoms all the time to be an advocate. It's possible that you went through a hard time when you were younger and you feel much better now. Maybe you found something that really helps you and your tics are better, a little bit better - like not gone but reduced, and you wonder whether you're still a good advocate for the community, and the answer is yes.

I think the concept of missing our tics is actually something that a few people have experienced so I thought I'd just make a quick video on that, making people aware that they are always valid and welcome in the community, and missing your tics is quite a normal feeling, although it can feel kind of strange at times because you would wonder why you would miss something that caused you so much distress.

But yes, you are valid in the community regardless, and I hope that things continue to stay well for you if you're watching this.