

# TIC-TOC Technique

This activity is designed to get out of the mental rut that keeps us from being more active. It's called the TIC-TOC Technique: TIC, meaning task-*interfering* cognitions, and TOC, which stands for task-*oriented* cognitions. TOCs can lead to task-oriented *actions*.

TICs are the excuses we use that prevent us from doing something we have a desire to do but can't find the motivation to make happen. TOCs are a response using nonjudgmental thinking. Here's an example:

TIC: I'd like to join the hiking club in my community, but I'm too out of shape and know I won't be able to keep up.

Cognitive Distortion(s): black-and white thinking; overgeneralization

TOC: It may be hard at first, but I'm not getting anywhere just sitting here. I've worked my way through hard things before. Everybody has to start somewhere, and they must have newcomers all the time.

Task-Oriented Action: I am going to call and inquire about joining a beginner's group.

1. TIC:

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Cognitive Distortion(s):

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TOC:

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Task-Oriented Action:

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2. TIC:

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Cognitive Distortion(s):

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TOC:

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Task-Oriented Action:

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3. TIC:

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Cognitive Distortion(s):

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TOC:

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Task-Oriented Action:

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4. TIC:

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Cognitive Distortion(s):

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TOC:

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Task-Oriented Action:

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