

Self-Assessment Checklist

Instructions: For each statement, you will write down 0, 1, or 2 depending on your personal experience.

- 0 = No or Never
- 1 = Sometimes
- 2 = Yes or Often

If you score a total of below 10 on a particular area, then you're basically doing fine with those skills, and that's not a very important area on which to focus your effort. However, if you answered any individual questions in that area with a 2, it may be important to address those subareas. If you score a total of 10 or above on any of the core areas, that's an area in which you will need to make an effort to improve your skills. Note: if you score above 15 in an area, you will need to try a little harder to improve that area.

Attention and Focus

- I tend to be easily distracted when activities are happening around me.
- I struggle to finish work or school tasks.
- My attention wanders easily when I am working or studying.
- I get distracted and lose focus when I hear noises or see things in my environment.
- Novelty is nearly impossible for me to ignore.
- It is hard for me to listen to what people say to me.
- I can usually only focus when something is very interesting.
- I get lost in thought or daydreams while reading or doing similar tasks.
- I tend to focus on the wrong things.
- People often ask me if I'm listening or paying attention to them.

Organizing and Planning

- My estimate of how long it takes to do a task or go somewhere is often wrong.
- Organizing tasks and activities is very difficult.
- I often lose important items I need for work or other tasks (lists, notebooks, pens, tools, and so on).
- I never plan ahead.
- I am rarely organized.
- Forgetfulness is a daily or almost daily occurrence for me.

- Without a clear deadline, I will never get a task done.
- Starting work, school, or home tasks is hard for me.
- I avoid planning the steps necessary to complete a project.
- My work or home space is cluttered and can feel overwhelming.

Mental Flexibility

- I have trouble letting go of the mistakes I made in the past.
- I struggle to keep track of several things at once in my mind.
- It's hard for me to recognize alternate options in most situations.
- I lack self-confidence, even in tasks I am good at.
- I'm not able to reflect on my thoughts easily.
- I don't like work or school tasks where I need to think a lot.
- Changing my opinions or beliefs is very hard for me.
- I have a hard time seeing another person's perspective.
- I decide on outcomes without any proof and then stick by my conclusions.
- Brainstorming new ideas or solutions is hard for me.

Emotion Regulation

- I get irritated very easily.
- Mistakes make me very upset at myself.
- I am impatient.
- I am easily frustrated by other people.
- I'm easily angered and have a short fuse.
- When I don't get my way, I get visibly upset.
- My mood is not consistent and changes easily.
- I get set off by many things.
- Difficult emotions (anger, sadness, frustration, and so on) are hard to let go of.
- I tend to shout or storm out of the room.

Impulse Control

- I interrupt people regularly when they are busy with a task.
- When asked a question, I tend to answer before the person finishes asking the question.
- I blurt things out with very little control.
- I am an "adrenaline junkie."
- I often talk way more than others around me do.
- Statements come out of my mouth before I have given them much thought.

- I can't stay seated for very long.
- I switch tasks or activities abruptly midstream.
- I wish I could take back many things I have said.
- I annoy other people without meaning to.

Total Score for Each Area:

- Attention and Focus: ____
- Organizing and Planning: ____
- Mental Flexibility: ____
- Emotion Regulation: ____
- Impulse Control: ____

Review your scores to identify areas where you may need to focus on improving your skills.