

Executive dysfunction

- difficulties with planning, problem-solving, organization, and time management.
- finds it difficult to start a task
- once started, unable to stop a task
- regularly loses phone/keys/wallet/mask
- easily overwhelmed by daily tasks
- inconsistent work performance
- trouble with memory recall or following multistep directions

Unregulated focus

- struggles to pay attention when there are distracting sounds, movement etc in the environment
- difficulty focusing unless interested in the topic
- hyperfocus when interested in the topic
- prefer to start and finish a big task in one sitting
- jumps around from small task to small task
- misses important details because of distraction

Procrastination

- feeling of overwhelming paralysis before getting started
- avoids important tasks by completing less important ones instead

Time blindness

- experiences time differently - "now" or "not now"
- Difficulty estimating how long something will take to do
- runs late or arrives way too early because they're worried about being late

Object permanence

- forgets about things that are not in their immediate line of vision
- leaves a lot of visual reminders

Impulsivity

- says what comes to mind
- may talk over people or finish their sentences
- tendency to be argumentative (for the fun of it)

Emotional Regulation

- sensitive to criticism and rejection
- chronic feeling of not achieving what they could achieve
- tendency to worry
- avoids group activities