

Teenage Executive Functioning Inventory (Self Report)

Below are some statements about how you are as a person. Mark your answer by circling one of the numbers to the right of each statement. Perhaps others feel differently, but we want to know what you think about yourself. Try to answer as honestly as possible.

	Definitely not true	Not true	Partially true	True	Definitely true
1) I have difficulty remembering long instructions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) I have difficulty remembering what I need to do in the middle of an activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) I do things without first thinking about what could happen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) I have difficulty stopping myself from doing things even though I know it's not allowed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) When someone asks me to do several things, I cannot remember all of them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) I cannot stop myself from laughing or smiling even though I know that it is inappropriate at the time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) I have difficulty coming up with a new way to solve a problem when I get stuck	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) When I am asked to get something, I forget what I was supposed to get	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) I find it difficult to plan things (e.g., remembering to bring everything necessary for school or when going on a trip)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) I find it difficult to make myself stop an activity that I like (e.g., I sit in front of the computer or mobile device even though it is time to go to bed)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11) I have difficulty understanding instructions unless I am shown how to do something	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12)					

I have difficulty with tasks involving several steps that need to be completed in a certain order	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13) I have difficulty learning from my mistakes (I repeat the same mistake over and over again)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14) People that I meet seem to think that I am more lively/wild compared to others my age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15) I have difficulty motivating myself to do things that I do not like to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16) I find it difficult to start a task if I am distracted by something more fun (e.g., I fail to start doing my homework and instead use my mobile device)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17) I have difficulty stopping an activity when asked to do so	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18) I often get more excited compared to others my age if something special happens (e.g., parties, trips, birthdays, winning a game)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19) I fail to finish things that I have started	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20) I put things off until the last minute	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>