

Adult Executive Functioning Inventory Self Report Version

Below you will find a number of statements. Please circle a number to the right of each statement to indicate how well that statement describes how you are as a person. People that you know might feel differently about you - we want to know what you think about yourself. Try to respond as honestly as possible.

	Definitely not true	Not true	Partially true	True	Definitely true
1) I have difficulty remembering lengthy instructions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) I sometimes have difficulty remembering what I am doing in the middle of an activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) I have a tendency to 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 sometimes have difficulty stopping myself from doing something that I like even though someone tells me that it is 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 sometimes remember only the first or last	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) I sometimes have difficulty refraining from smiling or laughing in situations where it is inappropriate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) I have difficulty coming up with a different way of solving a problem when I get stuck	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) When someone asks me to fetch something, I sometimes forget what I am supposed to fetch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) I have difficulty planning for an activity (e.g., remembering to bring everything necessary when going on a trip/to work/to school)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) I sometimes have difficulty stopping an activity that I like (e.g., I watch TV or sit in front of the computer in the evening 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 sometimes have difficulty understanding verbal instructions unless I am also shown how to do something

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12) I have difficulties with tasks or activities that involve several steps

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13) I have difficulty thinking ahead or learning from experience

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14) People that I meet sometimes seem to think that I am more lively/wilder compared to other people my age

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