

Executive Functioning Questionnaire

NAME _____

AGE _____

Read each question, rate how well it describes you, and circle the corresponding number:

Strongly Disagree
1

Disagree
2

Neutral
3

Agree
4

Strongly Agree
5

1	I usually finish my tasks on time or early	1	2	3	4	5
2	I believe in starting tasks as soon as possible	1	2	3	4	5
3	Procrastination is a problem for me	1	2	3	4	5
4	I frequently say things without thinking	1	2	3	4	5
5	I find it difficult to stay focused on my work	1	2	3	4	5
6	I often jump to conclusions	1	2	3	4	5
7	I am frequently late for appointments and activities	1	2	3	4	5
8	I can usually delay my emotions until a task is complete	1	2	3	4	5
9	My emotions can get in the way when I'm trying to complete a task	1	2	3	4	5
10	I often leave tasks until the last minute	1	2	3	4	5
11	I consider myself to adapt well to change	1	2	3	4	5
12	I frequently forget to do things I committed to do	1	2	3	4	5



Executive Functioning Advanced Assessment And Wild Apricot

RJ Alexander



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