

EXECUTIVE DYSFUNCTION

SCORE CARD

Experiences

Calculate how many you scored on previous page

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
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25

Frequency

How often does this happen?

+5	+10	+15	+20	+25
Rarely – it pops up now and then, but you bounce back quickly.	A few times a week – planning, starting, or finishing is hit or miss.	Most days – it shows up regularly and slows your momentum.	Multiple times a day – planning or follow-through feels like a fight.	All the time – it feels constant and exhausting.

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Impact

How much does it affect your life?

+5	+10	+15	+20	+25
Not really noticeable – doesn't disrupt your life.	A bit inconvenient – it delays things but doesn't derail them.	Sometimes affects your routines, work, or confidence.	Regularly gets in the way of productivity or wellbeing.	Seriously interferes with daily functioning and mental health.

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Intensity

How strong is the urge when it happens?

+5	+10	+15	+20	+25
Mild – you might feel a little stuck but can still get through it.	Noticeable – you need reminders or effort to stay on track.	Disruptive – you feel mentally blocked or scattered.	Strong – your systems fall apart without support.	Overwhelming – you feel stuck, unmotivated, or defeated without structure.

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Total Score

Add up Experience, Frequency, Impact and Intensity to get your overall score for this symptom

0	10	20	30	40	50	60	70	80	90	100
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100