



EXECUTIVE FUNCTION COMPARISON CHART

Instructions: Read the definitions of the 12 aspects of Executive Function. Score on a scale of 1 to 10 for each category for each person: 1 meaning *this is a challenge* and 10 meaning *this is a strength*. Score yourself twice and your spouse twice. Executive Function or EF can be challenges in ASD and ADHD.

Executive Function Category	Him		Her	
	Home	Work	Home	Work
1. Response Inhibition: Impulsivity:				
2. Working Memory:				
3. Emotional Regulation:				
4. Task Initiation:				
5. Sustained Attention:				
6. Planning/Prioritization:				
7. Organization skills- concrete things, ideas, electronic emails, etc.				
8. Time Management:				
9. Flexibility:				
10. Metacognition/Self-awareness and self-directed attention:				
11. Persistence/Self-Motivation:				
12. Stress Tolerance: Resilience:				
TOTALS:				

EXECUTIVE FUNCTION OBSERVATIONS

Does my spouse experience me the same, higher or lower than what I scored myself?

What are my thoughts about the comparison? What does my spouse think?

Where do we each have strengths and weaknesses?
