

IMPULSIVITY

blurting out
spiralling thoughts
rapid escalation
no on/off switch
10 things at once
bottle and bolt
dog with a bone
“I’ll forget if I don’t say it”



SELF REGULATION

Flight/fight/freeze response
stuck what to do
can’t express feelings
brain fog
going round in circles
panic
anxious
whizzing mind



EMOTIONAL CONTROL

tangle of negative thoughts
confusion
rejection sensitivity
rumination
disproportionate reaction
blaming
anger outbursts



FLEXIBILITY CONTROL

Can’t switch activity
Can’t adapt
need reassurance
can’t start something new
hard to follow instructions
worry about getting it wrong
ten steps behind
can’t remember plan



FOCUS & ATTENTION

Low dopamine
low interest in boring tasks
distracted
bad at planning & organisation
unmotivated
miss details
untidy
zone out
can’t read long texts



WORKING MEMORY

can’t retain information
forgetting stuff
poor sequencing
losing things
late for appointments
poor recall of events
can’t sit through long meetings

