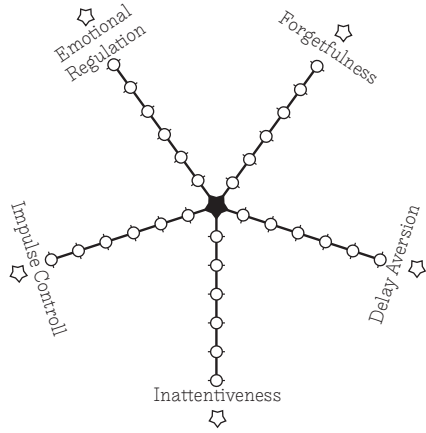


Print this page on both sides of a peice of paper two functional character sheets that double as a bookmark!

Social Functions



Emotional Regulation:

Your ability to control emotional reactions, both positive and negative.

Impulse Control:

Your ability to control behaviors and physical actions. Often manifests as “hyperactivity”

Inattentiveness:

The most well known effect of ADHD, this appears as an inability to focus.

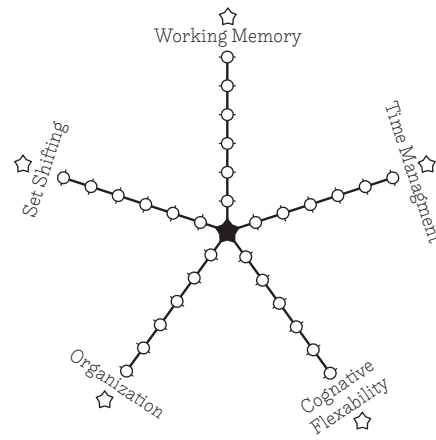
Delay Aversion:

Your preference for smaller but immediate rewards over larger but delayed rewards.

Forgetfulness:

Frequently forgetting things. Short-term memory issues.

Executive Functions



Working Memory:

Your ability to keep information in your mind while using it.

Organization:

Your aptitude for keeping things organized.

Time Management:

The ability to actively monitor your usage of time.

Set Shifting:

Commonly called multitasking, this is the ability to shift between two separate things while working on them.

Cognitive Flexibility:

This is the ability to hold two contrasting thoughts in your mind at the same time.

Tables

Morning Roll:

- 6 :** You wake up refreshed and ready for the day. Add 1 to your energy. (+1)
- 5 :** You start of the day ok, but it quickly fades. (-1)
- 4 :** Didn't you set the alarm? You oversleep a little. (-2)
- 3 :** You couldn't fall asleep last night, and didn't get much rest. (-3)
- 2 :** Yesterday was too much, you still feel like you are catching up the next day. (-4)
- 1 :** You forget to take your medication. Any effects of your medication are removed. If you do not take medication, you may only use 2 coping skills. (0)

Hyperfocusing:

- 5-6 :** You focus well but have a hard time shifting gears to the next event. Remove 2 Energy
- 3-4 :** You manage to focus perfectly and complete the event early. Add 1 energy.
- 1-2 :** You spend too much time focusing on the wrong things. You are delayed starting the next event. Subtract 2 from the next Event roll.

Social Events:

- 5 or more :** You succeed at what you attempt to accomplish.
- 3-4 :** The event has a few setbacks. Include a problem based on the stat used.
- 1-2 :** Several times you felt out of sync with what was going on. Add a few moments using the stat rolled as a base.
- 1-0 :** The event was extremely awkward and only partially like what happened in real life. What happened?
- 2 or less :** You don't attempt the event.

Executive Events:

- 5 on more :** You succeed at what you attempt to accomplish.
- 3-4 :** Things take longer than you expect and you need to rush to complete it.
- 1-2 :** You get to the end of the task and realize you did not complete parts of it. Using the stat rolled, what did you forget and why?
- 1-0 :** The task is unfinished but partially complete. Based on the stat used, what prevented you from completing the task?
- 2 or less :** You don't even begin the task.

Once printed, cut along the solid lines.
Then fold along the dotted lines.

Mark your stats on the executive and social functions charts. To do this, count from the center a number of notches equal to that stat and mark it. Then fill in the stars next to stats for which you have a coping mechanism.