



The Executive Function Rescue Kit

THE STUCK SPOT SCANNER

In 3 questions, find out what's
stopping you.

Choose one response from each question. Then view your results below.

QUESTION 1: What's happening right now?

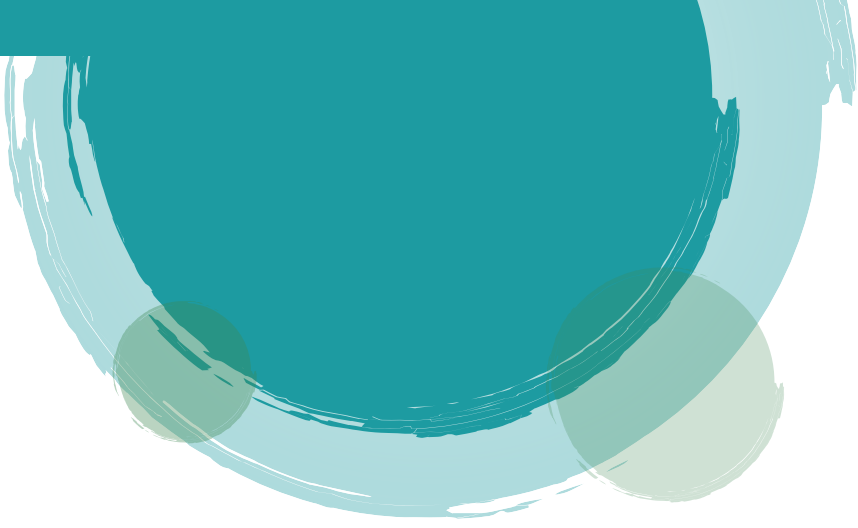


- [A] Can't start
- [B] Can't stop/switch
- [C] Forgot what I'm doing
- [D] Overwhelmed by everything
- [E] Got interrupted/an unexpected call or visit and feel entire routine or plan is derailed

QUESTION 2: How does it FEEL?



- [A] Body frozen/heavy
- [B] Brain locked on one thing
- [C] Mind blank/foggy
- [D] Brain buzzing/overload



QUESTION 3: What would help most?



- [A] A tiny first step
 - [B] Permission to stop/switch
 - [C] A reminder
 - [D] An instruction on what to do first/next
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YOUR RESULTS

If you've chosen:

Mostly A's: TASK INITIATION FAILURE

→ Go to the Toolbox folder . Use Tool #1: The 2-Minute Bridge

Mostly B's: TASK SWITCHING DIFFICULTY

→ Go to the Toolbox folder. Use Tool #2: The Context Switch Protocol

Mostly C's: WORKING MEMORY BREAKDOWN

→ Go to the Toolbox folder. Use Tool #3: The External Brain System





Mostly D's: PLANNING & PRIORITIZATION OVERLOAD

→ Go to the Toolbox folder. Use Tool #4: The Single-Step Method

Mix A+C: ATTENTION REGULATION ISSUE

→ Go to the Toolbox folder. Use Tool #5: The Focus Reset

Mix B or E+C: COGNITIVE FLEXIBILITY BREAKDOWN

→ Go to the Toolbox folder. Use Tool #6: The Mental Shift Remedy

Mix A+D: ORGANIZATION & SEQUENCING PROBLEM

→ Go to the Toolbox folder. Use Tool #7: The Step-by-Step Decoder

Mix B+D: IMPULSE CONTROL & EMOTIONAL REGULATION

→ Go to the Toolbox folder. Use Tool #8: The Emergency Brake

