

Executive Functioning Interpretation Card

Organizes key constructs of executive function (e.g., time management, inhibition, emotional regulation), linking each to common ADHD difficulties and strengths.

Executive Functioning Construct	Definition	ADHD-Related Deficits	Strengths in the Construct
Management to Time	The ability to plan, prioritize, and allocate time effectively to meet deadlines and responsibilities.	Difficulties with time estimation, chronic procrastination, inconsistent punctuality, and challenges in breaking tasks into manageable segments.	Consistent punctuality, effective scheduling, proactive planning, and the ability to complete tasks within set time frames.
Organization and Problem Solving	The capacity to structure tasks, manage materials, and systematically resolve challenges.	Tendency toward disorganization, difficulty in planning, struggling with multi-step tasks, and trouble adapting when plans change.	A structured approach to tasks, creative and efficient problem solving, and the effective management of information and materials.
Restraint and Inhibition	The skill to control impulses, delay gratification, and resist distractions that interfere with task completion.	Impulsive behaviors, acting without forethought, difficulty resisting immediate rewards or distractions, and challenges with self-regulation.	Strong self-control, thoughtful decision-making, and the ability to pause and reflect before acting.
Motivation	The drive to initiate, sustain, and persist in tasks and goals, particularly in less stimulating situations.	Low task initiation, diminished persistence in the face of boredom, and increased procrastination or avoidance of uninteresting tasks.	High engagement when interested, proactive task initiation, persistence, and the ability to harness intrinsic motivation for meaningful work.
Regulation of Emotion	The ability to modulate emotional responses appropriately, maintaining balance under stress.	Emotional volatility, difficulty managing frustration, mood swings, and over-reactivity to challenges or setbacks.	Resilience, balanced emotional responses, and effective stress management that fosters adaptability and calm decision-making.