QUIZ: Before You Assume Why

A quick reflection on judgement & executive function

connections in mind

1 When was the last time you felt judged or misunderstood?

What did someone assume about you?

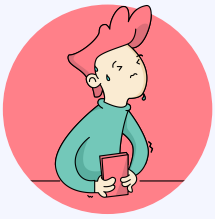

☐ Lazy


☐ Rude


☐ Disorganised


☐ Not listening


☐ Overreacting


☐ Not trying

☐ Other: .....

2 What couldn't they see?

☐  I was stressed

☐  Tired

☐  Overwhelmed

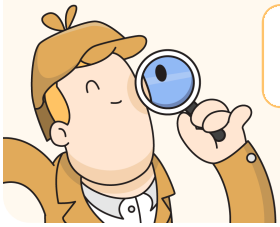
☐  Distracted

☐  Anxious

☐  Under pressure

☐  Trying to remember too much

☐  Unsure where to start



☐ Something else: .....

Would knowing the whole story have changed their assumption?

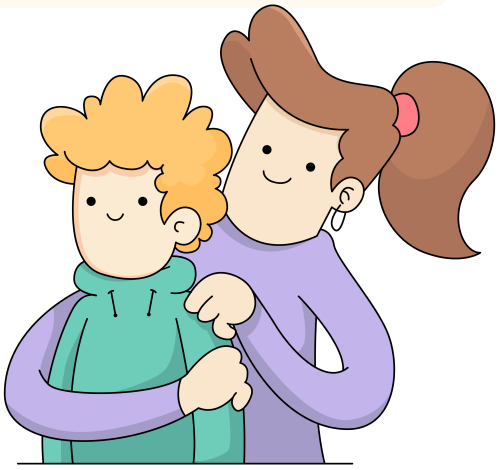
3 Now think about a child or young person.

What behaviour do you sometimes find yourself judging?

.....

What might you assume it means?

.....



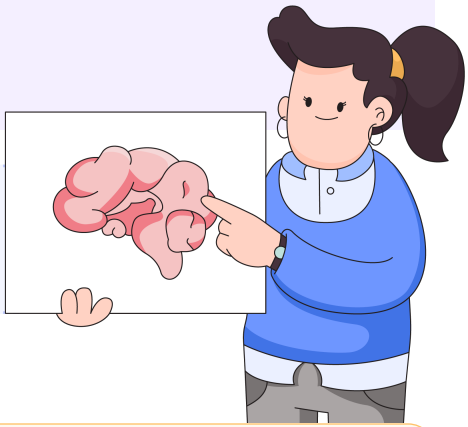
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4 Tick one or more of the EF skills below that could be driving the behaviour you're seeing"

- [ ] Task Initiation
- [ ] Working Memory
- [ ] Organisation
- [ ] Sustained Attention
- [ ] Planning & Prioritisation
- [ ] Time Management
- [ ] Response Inhibition
- [ ] Emotional Regulation
- [ ] Flexibility
- [ ] Goal Directed Persistence
- [ ] Metacognition



And could **stress, environment, sensory load, tiredness or peer pressure** be making that skill harder to access?

5 Flip the Judgement

I could ask:

I could try:

THE TAKEAWAY

You knew there was more to your behaviour than somebody else could see.
The same may be true for a young person.



- What do I know?
- What have I assumed?
- What EF skill might be involved?
- What could help?

Before you assume why, get curious.