

Impulsiveness and Poor Self-Monitoring

Inability to delay gratification

Reacts before thinking

Cannot distinguish feelings from actions or wants from needs

Needs attention or a higher level of stimulation

Is unable to slow down and use self-talk to calm down

Has trouble internalizing rules and procedures even if he or she knows them

Has limited repertoire of appropriate options for responding

Needs more structure and routine

Is unsure of how actions affect others

Inability to cope with frustration or anger

Feels discouraged or helpless

Cannot articulate the problem or feelings

Avoids situations that are too difficult or boring

Retaliates for perceived mistreatment

Cannot identify what triggers problems or causes stress

Does not know how to gain power, attention, or control appropriately

Cannot reframe (see things from a new perspective)

Inability to adjust behavior to a situation

Is unaware of how own behavior affects others

Is unclear about expectations or goals

Does not pick up on feedback that indicates a need to alter the plan or behavior

Needs practice for appropriate behavior and responses

Cannot accurately predict consequences

Needs corrective feedback for improvement and reinforcement

Is unable to use past experiences and mistakes to self-correct