

## Children With Difficult Behavior?

Check all the behaviors that your child exhibits:



- He/She has difficulty handling transitions, shifting from one mindset or task to another
- He/She has difficulty doing things in a logical sequence or prescribed order
- He/She has difficulty maintaining focus for goal-directed problem solving
- He/She has difficulty considering the likely outcomes or consequences of actions (impulsive)
- He/She has difficulty managing emotional response to frustration
- He/She has chronic irritability and/or anxiety significantly impeding capacity for problem-solving
- He/She has difficulty seeing the “grays”/concrete, literal, black and white, thinking
- He/She has difficulty deviating from rules, routine, original plan
- He/She has inflexible, inaccurate interpretations/cognitive distortions or biases (e.g., “Everyone’s out to get me,” “Nobody likes me,” “You always blame me,” “It’s not fair,” “I’m stupid,” “Things will never work out for me”)
- He/She has difficulty attending to and/or accurately interpreting social cues/poor perception of social nuances
- He/She has difficulty starting conversations, entering groups, connecting with people/lacking other basic social skills

This is not intended to diagnose your child.

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