

BDEFS-LF: Self Report

Name: _____ Date: _____

Sex: (Circle one) Male Female Age: ____

Instructions: How often do you experience each of these problems? Please circle the number next to each item that best describes your behavior **DURING THE PAST 6 MONTHS**. Please ignore sections marked "Office Use Only".

Section 1 Self-Management of Time		Never or Rarely	Some- times	Often	Very Often
1	Procrastinate or put off doing things until the last minute	1	2	3	4
2	Poor sense of time	1	2	3	4
3	Waste or mismanage my time	1	2	3	4
4	Not prepared on time for work or assigned tasks	1	2	3	4
5	Fail to meet deadlines for assignments	1	2	3	4
6	Have trouble planning ahead or preparing for upcoming events	1	2	3	4
7	Forget to do things I am supposed to do	1	2	3	4
8	Can't seem to accomplish the goals I set for self	1	2	3	4
9	Late for work or scheduled appointments	1	2	3	4
10	Can't seem to hold in mind things I need to remember to do	1	2	3	4
11	Can't seem to get things done unless there is an immediate deadline	1	2	3	4
12	Have difficulty judging how much time it will take to do something or get somewhere	1	2	3	4
13	Have trouble motivating myself to start work	1	2	3	4
14	Have difficulty motivating myself to stick with my work and get it done	1	2	3	4
15	Not motivated to prepare in advance for things I know I am supposed to do	1	2	3	4
16	Have trouble completing one activity before starting into a new one	1	2	3	4
17	Have trouble doing what I tell myself to do	1	2	3	4
18	Difficulties following through on promises or commitments I may make to others	1	2	3	4
19	Lack self-discipline	1	2	3	4
20	Have difficulty arranging or doing my work by its priority or importance; can't "prioritize" well	1	2	3	4
21	Find it hard to get started or get going on things I need to get done	1	2	3	4
OFFICE USE ONLY Section 1 Total Score _____					
Section 2 Self-Organization / Problem Solving		Never or Rarely	Some- times	Often	Very Often
22	I do not seem to anticipate the future as much or as well as others	1	2	3	4
23	Can't seem to remember what I previously heard or read about	1	2	3	4
24	Have trouble organizing my thoughts	1	2	3	4
25	When I am shown something complicated to do, I cannot keep the information in mind so as to imitate or do it correctly	1	2	3	4
26	Have trouble considering various options for doing things and weighing their consequences	1	2	3	4
27	Have difficulties saying what I wants to say	1	2	3	4
28	Unable to come up with or invent as many solutions to problems as others seem to do	1	2	3	4
29	Find myself at a loss for words when I want to explain something to others	1	2	3	4

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30	Have trouble putting my thoughts down in writing as well or as quickly as others	1	2	3	4
31	Feel I am not as creative or inventive as others of my level of intelligence	1	2	3	4
32	In trying to accomplish goals or assignments, I find that I am not able to think of as many ways of doing things as others	1	2	3	4
33	Have trouble learning new or complex activities as well as others	1	2	3	4
34	Have difficulty explaining things in their proper order or sequence	1	2	3	4
35	Can't seem to get to the point of my explanations as quickly as others	1	2	3	4
36	Have trouble doing things in their proper order or sequence	1	2	3	4
37	Unable to "think on my feet" or respond as effectively as others to unexpected events	1	2	3	4
38	I am slower than others at solving problems I encounters in my daily life	1	2	3	4
39	Easily distracted by irrelevant events or thoughts when I must concentrate on something	1	2	3	4
40	Not able to comprehend what I read as well as I should be able to do; have to reread material to get its meaning	1	2	3	4
41	Cannot focus my attention on tasks or work as well as others	1	2	3	4
42	Easily confused	1	2	3	4
43	Can't seem to sustain my concentration on reading, paperwork, lectures, or work	1	2	3	4
44	Find it hard to focus on what is important from what is not important when I do things	1	2	3	4
45	I don't seem to process information as quickly or as accurately as others	1	2	3	4
OFFICE USE ONLY Section 2 Total Score _____					
Section 3 Self-Restraint		Never or Rarely	Some- times	Often	Very Often
46	Find it difficult to tolerate waiting; impatient	1	2	3	4
47	Make decisions impulsively	1	2	3	4
48	Unable to inhibit my reactions or responses to events or others	1	2	3	4
49	Have difficulty stopping my activities or behavior when I should do so	1	2	3	4
50	Have difficulty changing my behavior when I am given feedback about my mistakes	1	2	3	4
51	Make impulsive comments to others	1	2	3	4
52	Likely to do things without considering the consequences for doing them	1	2	3	4
53	Change my plans at the last minute on a whim or last minute impulse	1	2	3	4
54	Fail to consider past relevant events or past personal experiences before responding to situations (I act without thinking)	1	2	3	4
55	Not aware of things I say or do	1	2	3	4
56	Have difficulty being objective about things that affect me	1	2	3	4
57	Find it hard to take other people's perspectives about a problem or situation	1	2	3	4
58	Don't think or talk things over with myself before doing something	1	2	3	4
59	Trouble following the rules in a situation	1	2	3	4
60	More likely to drive a motor vehicle much faster than others (Excessive speeding)	1	2	3	4
61	Have a low tolerance for frustrating situations	1	2	3	4
62	Cannot inhibit my emotions as well as others	1	2	3	4
63	I don't look ahead and think about what the future outcomes will be before I do something (I don't use my foresight)	1	2	3	4

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64	I engage in risk taking activities more than others are likely to do	1	2	3	4
	OFFICE USE ONLY Section 3 Total Score _____				
	Section 4 Self-Motivation	Never or Rarely	Some- times	Often	Very Often
65	Likely to take short cuts in my work and not do all that I am supposed to do	1	2	3	4
66	Likely to skip out on work early if my work is boring to do	1	2	3	4
67	Do not put as much effort into my work as I should or than others are able to do	1	2	3	4
68	Others tell me I am lazy or unmotivated	1	2	3	4
69	Have to depend on others to help me get my work done	1	2	3	4
70	Things must have an immediate payoff for me or I do not seem to get them done	1	2	3	4
71	Have difficulty resisting the urge to do something fun or more interesting when I am supposed to be working	1	2	3	4
72	Inconsistent in the quality or quantity of my work performance	1	2	3	4
73	Unable to work as well as others without supervision or frequent instruction	1	2	3	4
74	I do not have the willpower or determination that others seem to have	1	2	3	4
75	I am not able to work toward longer term or delayed rewards as well as others	1	2	3	4
76	I cannot resist doing things that produce immediate rewards, even if they are not good for me in the long run	1	2	3	4
	OFFICE USE ONLY Section 4 Total Score _____				
	Section 5 Self-Regulation of Emotions	Never or Rarely	Some- times	Often	Very Often
77	Quick to get angry or become upset	1	2	3	4
78	Overreact emotionally	1	2	3	4
79	Easily excitable	1	2	3	4
80	Unable to inhibit showing strong negative or positive emotion	1	2	3	4
81	Have trouble calming myself down once I is emotionally upset	1	2	3	4
82	Cannot seem to regain emotional control and become more reasonable once I am emotional.	1	2	3	4
83	Cannot seem to distract myself away from whatever is upsetting me emotionally to help calm me down. I can't refocus my mind to a more positive framework	1	2	3	4
84	Unable to manage my emotions in order to accomplish my goals successfully or get along well with others	1	2	3	4
85	I remain emotional or upset longer than others	1	2	3	4
86	I find it difficult to walk away from emotionally upsetting encounters with others or leave situations in which I have become very emotional	1	2	3	4
87	I cannot re-channel or redirect my emotions into more positive ways or outlets when I get upset	1	2	3	4
88	I am not able to evaluate an emotionally upsetting event more objectively	1	2	3	4
89	I cannot redefine negative events into more positive viewpoints when I feel strong emotions	1	2	3	4
	OFFICE USE ONLY Section 5 Total Score _____				