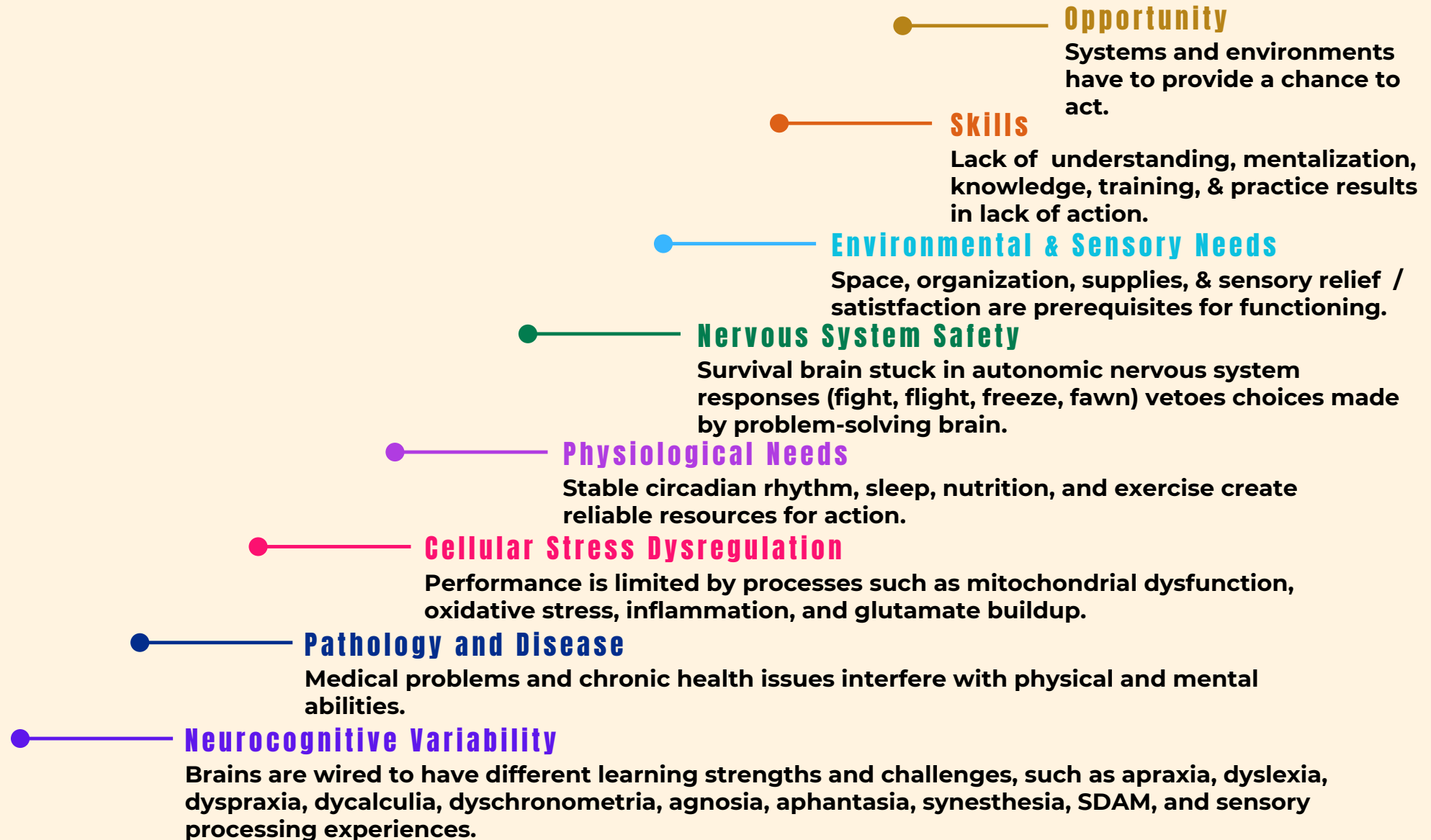


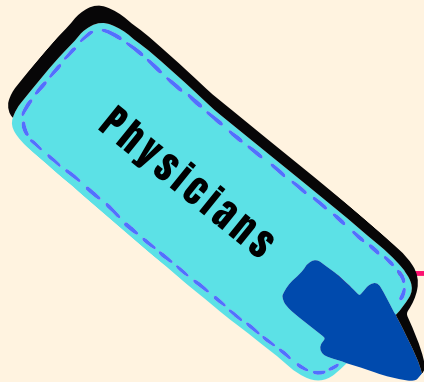
WHY CAN'T WE GET THINGS DONE?

EXECUTIVE FUNCTIONING NEEDS



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Opportunity

Systems and environments have to provide a chance to act.

Skills

Lack of understanding, mentalization, knowledge, training, & practice results in lack of action.

Environmental & Sensory Needs

Space, organization, supplies, & sensory relief / satisfaction are prerequisites for functioning.

Nervous System Safety

Survival brain stuck in autonomic nervous system responses (fight, flight, freeze, fawn) vetoes choices made by problem-solving brain.

Physiological Needs

Stable circadian rhythm, sleep, nutrition, and exercise create reliable resources for action.

Cellular Stress Dysregulation

Performance is limited by processes such as mitochondrial dysfunction, oxidative stress, inflammation, and glutamate buildup.

Pathology and Disease

Medical problems and chronic health issues interfere with physical and mental abilities.

Neurocognitive Variability

Brains are wired to have different learning strengths and challenges, such as apraxia, dyslexia, dyscalculia, dycalculia, dyschronometria, agnosia, aphantasia, synesthesia, SDAM, and sensory processing experiences.

NEGLECTED

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