



## Executive Skills Questionnaire - Revised (ESQ-R)

### Instructions:

Read each item and decide how often it's a problem for you.

		Never or rarely	Sometimes	Often	Very often
1	I act on impulse.	0	1	2	3
2	I say things without thinking.	0	1	2	3
3	I lose things.	0	1	2	3
4	I have a short fuse.	0	1	2	3
5	I get upset when things don't go as planned.	0	1	2	3
6	I run out of steam before finishing a task.	0	1	2	3
7	It's hard for me to set priorities when I have a lot of things to do.	0	1	2	3
8	My desk or workspace is a mess.	0	1	2	3
9	I have trouble keeping my house or room clean.	0	1	2	3
10	I have trouble estimating how long it will take to complete a task.	0	1	2	3
11	I'm slow at getting ready for school, work, or appointments.	0	1	2	3
12	If the first solution to a problem doesn't work, I have trouble thinking of a different one.	0	1	2	3
13	I skip checking my work for mistakes, even when the stakes are high.	0	1	2	3
14	I get annoyed when tasks are too hard.	0	1	2	3
15	It's hard for me to put aside fun activities to start things I know I need to do.	0	1	2	3
16	I have trouble with tasks where I have to come up with my own ideas.	0	1	2	3
17	It's hard for me to tell how well I'm doing on a task.	0	1	2	3



		Never or rarely	Sometimes	Often	Very often
18	I have trouble reaching long-term goals.	0	1	2	3
19	I "go with my gut" when making decisions.	0	1	2	3
20	I get so wrapped up in what I'm doing that I forget about other things I need to do.	0	1	2	3
21	Little things frustrate me.	0	1	2	3
22	I have trouble getting back on track if I'm interrupted.	0	1	2	3
23	I have trouble making a plan.	0	1	2	3
24	I miss the big picture.	0	1	2	3
25	I live for the moment.	0	1	2	3

**Developer Reference:**

Strait, J. E., Dawson, P., Walther, C. A. P., Strait, G. G., Barton, A. K., & McClain, M. B. (2020). Refinement and psychometric evaluation of the Executive Skills Questionnaire-Revised. *Contemporary School Psychology, 24*, 378-388. <https://doi.org/10.1007/s40688-018-00224-x>

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