

## Self Regulation Capacities

(from **Assessment and Intervention for Executive Function Difficulties** by McCloskey et. al., 2009)

**Perceive:** This function cues the use of sensory and perceptual processes to take information in from the external environment or “inner awareness” to tune into perceptions, emotions, thoughts, or actions as they are occurring.

**Initiate:** This function cues the initial engagement of perceiving, feeling, thinking, or acting.

**Modulate/Effort:** This function cues the regulation of the amount and intensity of mental energy invested in perceiving, feeling, thinking, and acting.

**Gauge:** This function cues the identification of the demands (perceptual, emotional, mental, physical) of a task or situation and cues the activation of the perceptions, emotions, thoughts, or actions needed to effectively engage the task or situation.

**Focus/Select:** This function cues the direction of attention to the most relevant specifics (perceptions, emotions, thoughts, and/or actions) of a given environment, situation or content while downgrading or ignoring the less relevant elements.

**Sustain:** This function cues sustained engagement of the processes involved in perceiving, feeling, thinking, or acting.

**Stop/Interrupt:** This function cues the sudden, immediate discontinuation of perceiving, feeling, thinking, or acting.

**Inhibit:** This function cues resistance to, or suppression of, urges to perceive, feel, think, or act on first impulse.

**Flexible/Shift:** This function cues a change of focus or alteration of perceptions, emotions, thoughts, or actions in reaction to what is occurring in the internal or external environments.

**Hold:** This function cues activation of the necessary cognitive processes required to maintain initially registered information and continues cueing these processes until the information is manipulated, stored, or acted on as desired.

**Manipulate:** This function cues the use of working memory or other cognitive processes for the manipulation of perceptions, feelings, thoughts, or actions that are being held in mind or being accessed in the environment

**Organize:** This function cues the use of routines for sorting, sequencing, or otherwise arranging perceptions, feelings, thoughts, and/or actions, to enhance or improve the efficiency of experience, learning, or performance.

**Foresee/Plan (Short Term):** This function cues the anticipation of conditions or events in the very near future, such as the consequences of one’s own actions, or cues the engagement of the capacities required to identify a series of perceptions, feelings, thoughts, and/or actions, and the likely or desired outcome that would result from carrying them out in the very near future.

**Generate:** This function cues the realization that a novel solution is required for a current problem, and cues the activation of the resources needed to carry out the required novel problem solving.

**Associate:** This function cues the realization that associations need to be made between the current problem situation and past problem situation and cues the activation of the resources needed to carry out the required associative problem-solving routines.

**Balance:** This function cues the regulation of the trade-off between opposing processes or states (example: pattern vs. detail; speed vs. accuracy; humor vs. seriousness) to enhance or improve experiencing, learning, or performing.

**Store:** This function cues the movement of information about perceptions, feelings, thoughts, and actions from the mental processing environment of the present moment into “storage” for possible retrieval at a later time.

**Retrieve:** This function cues the activation of cognitive processes responsible for finding and retrieving previously stored information about perceptions, feelings, thoughts, and actions. The more specific the demands or constraints placed on the retrieval task, the greater the requirements for precision of retrieval cues.

**Pace:** This function cues the awareness of, and the regulation of, the rate at which perception, emotion, cognition, and action are experienced or performed.

**Time:** This function cues the monitoring of the passage of time (ex: cueing the engagement of the mental functions that enable a person to have an internal sense of how long they have been working) or cues the use of time estimation routines (ex: cueing the engagement of mental functions that enable a person to have an internal sense of how long something will take to complete, or how much time is still left in a specific period of time).

**Execute:** This function cues the orchestrating of the proper syntax of a series of perceptions, feelings, thought, and/or actions, especially in cases where automated routines are being assessed or are initially being developed

**Monitor:** This function cues the activation of appropriate routines for checking the accuracy of perceptions, emotions, thoughts, or actions

**Correct:** This function cues the use of appropriate routines for correcting errors of perception, emotion, thought, or action based on feedback from internal or external sources.