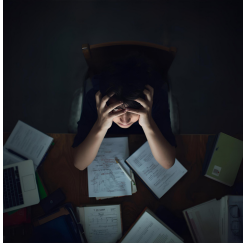


EXECUTIVE FUNCTIONING EXPLAINED

WHY “JUST TRY HARDER” DOESN’T WORK



1

Working Memory

Holding instructions in mind is hard—visual reminders help (Barkley, 2012).

Inhibition

Stopping impulsive reactions takes support, not shame (Brown, 2023).

2



3

Planning & Organization

Breaking big tasks into chunks prevents overwhelm (Barkley, 2015).

Time Management

External timers and visual schedules are better than “just remember” (Barkley, 2022).

4



5

Emotional Regulation

Intense feelings are part of ADHD; naming and normalizing them is step one (Brown, 2005).



Executive functioning is the brain’s management system. ADHD isn’t a lack of effort—it’s a challenge in how these skills develop.