

MIND in the Making

INHIBITORY CONTROL

	EXACTLY LIKE YOU	VERY MUCH LIKE YOU	SOMEWHAT LIKE YOU	NOT TOO MUCH LIKE YOU	NOT AT ALL LIKE YOU	YOUR TOTAL SCORE
1. If I'm in a noisy room, I can still pay attention to the person I'm talking to	5	4	3	2	1	
2. I have trouble screening out things that are going on around me	1	2	3	4	5	
3. When I'm interrupted by someone who needs me—at work or at home—I can switch gears and pay attention	5	4	3	2	1	
4. I tend to blurt out what I'm thinking, even if it might hurt someone else	1	2	3	4	5	
5. If others are having dessert, I usually have on too, even when I want to lose weight	1	2	3	4	5	
6. I stick to what I need to do, even when I'm not successful right away and I want to give up	5	4	3	2	1	
OVERALL SCORE						

Circle the number that describes how well the statement describes you.

Add up your scores in the far right-hand column.

If your overall score is between 30 and 22, then you rate highly on inhibitory control.

If your score is between 21 and 13, then you are in the middle category.

If your score is 12 or below, that means you could work on this skill.