

# Thinking Skills Inventory

Navigating Conflict with Empathy, Honesty & Creativity

Take the [Thinking Skills Inventory](https://www.stuartablton.com/the-skills-to-change) online

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Assess your skills related to flexibility, frustration tolerance, and problem solving

1. Take 'The Thinking Skills Inventory' quiz online
2. Identify skill areas in pink/red to work on
  - Ex: "Language & Communication"
3. List all specific skill struggles contributing to that score
  - "Hard time telling people how I feel"
  - "Hard time telling people what I'm thinking."

## Thinking Skills Inventory for Youth & Young Adults (TSI-YYA)

We all have some things that are easier for us and some things that are harder for us.  
Choose an answer for each item below.

	Never or Rarely	Sometimes	Often or Always	Total Score	
<b>A.</b>	It's hard for me to stay focused on things that I need to	0 <input type="checkbox"/>	1 <input checked="" type="checkbox"/>	2 <input type="checkbox"/>	Sum of Section A  1
	It's hard for me to remember the steps or directions I need to get things done	0 <input checked="" type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	
	It's hard for me to keep track of time to get places and do things on time	0 <input checked="" type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	
<b>B.</b>	I have a hard time understanding what other people are trying to tell me	0 <input checked="" type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	Sum of Section B  4
	I have a hard time telling people how I feel	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input checked="" type="checkbox"/>	
	I have a hard time telling people what I am thinking	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input checked="" type="checkbox"/>	
<b>C.</b>	It's hard for me to settle down when I am hyped up	0 <input checked="" type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	Sum of Section C  5
	It's hard for me to get my energy level up when I need to	0 <input type="checkbox"/>	1 <input checked="" type="checkbox"/>	2 <input type="checkbox"/>	
	It's hard to control my worries	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input checked="" type="checkbox"/>	
	I have a hard time thinking straight when I am feeling frustrated	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input checked="" type="checkbox"/>	
	I have a hard time handling things when I am feeling disappointed	0 <input checked="" type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	
	It's hard for me to stop and think before I say or do things	0 <input checked="" type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	
	I don't do well in new or unexpected situations	0 <input checked="" type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	Sum of
	I have a hard time when my plans or schedule changes	0 <input checked="" type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	

