

# Pathways: The Explosive Child

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## Executive Functions:

- Difficulty with transitions, shifting from one thing to another
- Poor sense of time/ difficulty doing things in order
- Disorganized, difficulty staying on topic
- Difficulty considering logical outcomes (impulsivity)
- Difficulty staying calm enough to think rationally

## Language Processing Skills

- Difficulty expressing thoughts, needs and concerns in words
- Appears not to have understood what was said
- Long delays before responding to questions
- Difficulty knowing how he/she feels

## Emotional Regulation Skills

- Cranky, Irritable or Grumpy-beyond what you would expect
- Sad, Tired, Low Energy
- Anxious, Nervous, Worried, Fearful

## Cognitive Flexibility

- Takes things literally- black and white thinker
- Insistence on sticking to the rules or original plan
- Does not handle unpredictability, uncertainty well
- Difficulty shifting from the original idea
- Difficulty appreciating the other persons point of view

## Social Skills

- Misreads social skills
- Inaccurate interpretations- "No one likes me."
- Lacks basic social skills (conversation, connect with people)
- Seek attention in inappropriate ways
- Unaware of how behaviours affect other people
- Lacks empathy- appears not to care how others feel
- Inaccurate self perception