# Results

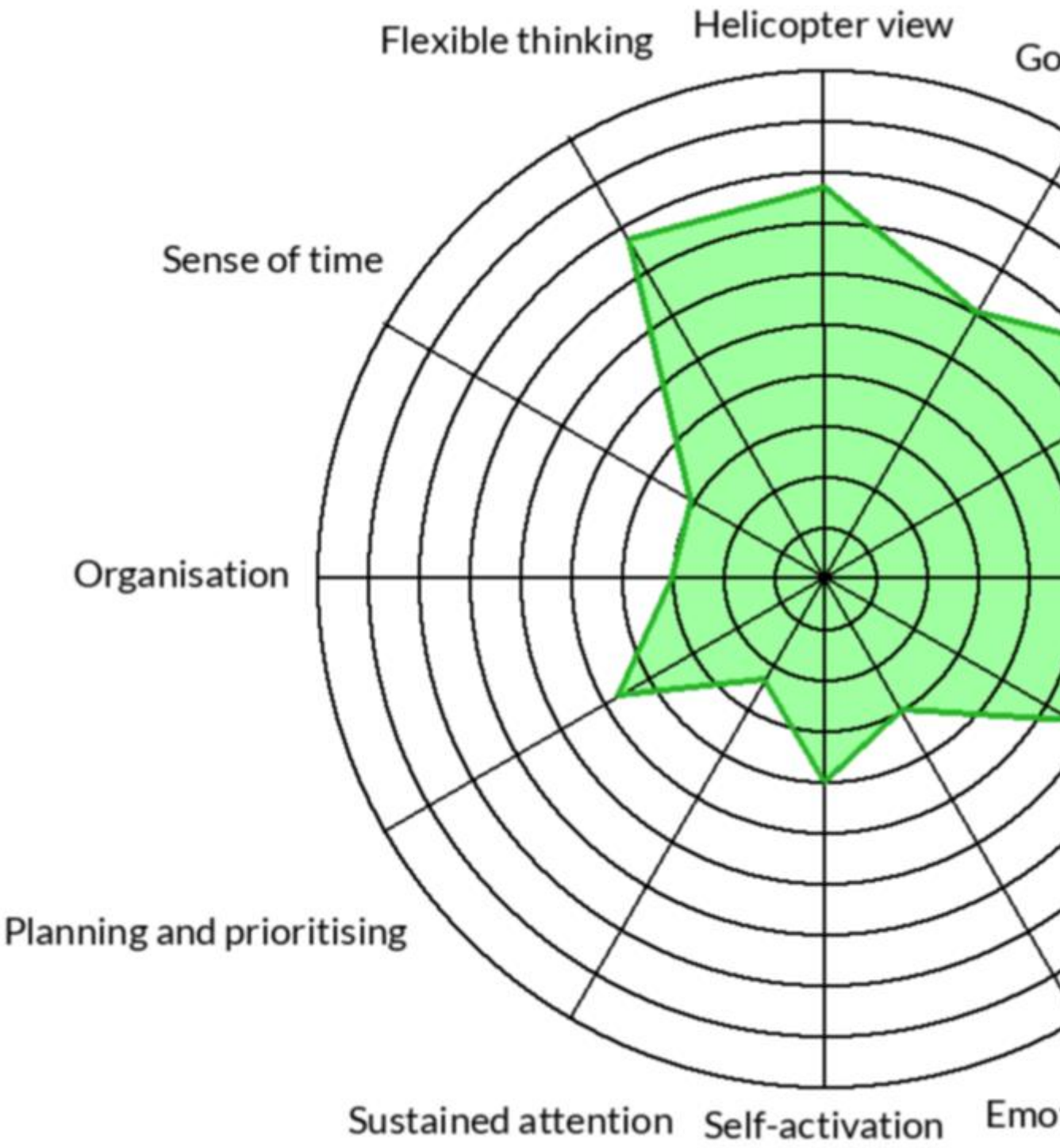
Thank you for completing the Fibble questionnaire!

## Executive Function Scores

Here are your scores in the 12 types of executive functions from your strongest (at top) to your most challenging (at the bottom):

| | |
|---|---|
| Stress tolerance | 25 |
| Flexible thinking | 23 |
| Helicopter view | 23 |
| Goal focused | 18 |
| Patience and tolerance | 17 |
| Working memory | 17 |
| Planning and prioritising | 14 |
| Self-activation | 12 |
| Emotional control | 9 |
| Organisation | 9 |
| Sense of time | 9 |
| Sustained attention | 7 |

This may be an easier way to demonstrate the results for you. Imagine it is the back wheel on your bike, how bumpy would your ride be?




## What does this mean?

Top 3. This is typically how being strong in each of these areas looks:

### Stress tolerance

You may

- welcome the unexpected,

- enjoy variety and unpredictability,
- thrive on adrenaline.

### Flexible thinking

You may

- easily make adjustments when the unexpected happens,
- use a variety of tools and techniques to achieve a goal,
- bend like a tree in the wind.

### Helicopter view

You may

- see more than one point of view,
- be able to reflect constructively on your thoughts and actions,
- see the bigger picture and how it all fits.

Bottom 3. This is typically how being challenged in each of these areas looks:

### Sustained attention

You may

- get easily distracted by something else,
- find it difficult to stay on a task,
- find it hard to get back into something once distracted,
- start lots of things and don't finish them.

### Emotional control

You may

- fly off the handle,
- find it difficult to manage your thoughts and feelings,
- make snap decisions when under stress.

### Organisation

You may

- always forget something when you pack your bag,
- have lots of clutter,
- struggle to find homes for things,
- not put things away and complain bitterly if someone else moves them.

## Practical Suggestions

The important bit…

Here are some practical suggestion that you can apply to help you to use your strengths to improve your functions and life skills.

## Challenge in Sustained attention

Use your stress tolerance strength as follows:

- Use your strength here to sit with being uncomfortable or twitchy to practice maintaining focus
- Set a timer for 15 mins longer than your usual attention span and use a soundtrack that helps you concentrate
- Strength here could mean you sustain attention well if a deadline is looming but not earlier
- Plan accordingly

Use your flexible thinking strength as follows:

- Use your flexible thinking and the Pomodora technique to pair differing tasks you can switch between and work in short bursts that work with your attention span
- Creatively reduce distractions

Use your helicopter view strength as follows:

- Practice using your helicopter vision to see the bigger picture and where what you're doing fits into it
- Work with your attention span as it is, not as you think it should be, so break things down
- Its easier to stay on a task when you know where it fits with your goals and values
- When you know why you're doing something practice doing it for 10 mins longer than you're comfortable with and gradually expand your attention span

## Challenge in Emotional control

Use your stress tolerance strength as follows:

- Your strength in tolerating stress, welcoming the unexpected, variety and unpredictability will support you in dealing with emotional control and allow you to manage your reactions and emotions when necessary
- Get curious rather than irritated
- Press pause and give yourself time to breath and reset before reacting
- Make sure you create time and space to discharge the stress constructively rather than bottling it up

Use your flexible thinking strength as follows:

- Use ability to see the bigger picture to practice pausing when provoked or frustrated,see things from others' perspectives and come up with constructive ways forward

Use your helicopter view strength as follows:

- Use your helicopter View ability to see the bigger picture, to anticipate potential stresses and practice pausing when provoked or frustrated
- Use your big picture skills to ask yourself whether what is stressing you will matter in 6 months time before reacting
- You may be more tolerant of others' perspectives and harder on yourself, make sure you treat yourself as well as you would a friend
- Similarly, think how you would like the other person to react to you if roles where reversed and aim for that

## Challenge in Organisation

Use your stress tolerance strength as follows:

- Use stress tolerance strength to sit with being uncomfortable while you work through strategies to improve your organisation to make life easier
- Experiment with different formats, do you need visual reminders? Ask yourself what sort of organisation is needed and whether it has to be you that does it? Strength in stress tolerance here may mean you are able to tolerate a level of disorganisation but would still like to improve things

Use your flexible thinking strength as follows:

- Use your flexible thinking skills to find ways of organising that work for you
- Experiment with using mindmaps to get everything out on one sheet of paper
- Prioritise time to declutter physically, electronically and emotionally, at home and work so you only have to organise what you actually need, your flexible thinking to work out what you need to organise when it needs to be done, what can be packaged together?

Use your helicopter view strength as follows:

- If the helicopter view is a strength you may be better at organising other people than yourself
- Use reminders
- Use visual reminders if they work for you including vertical systems for things to work on, not piles of paper