

**The
Advonet
Group**

Providing Independent Advocacy



**Autism
AIM**

Strategies and Resources

Executive Functioning Explained

What is Executive Functioning?

One easy way to remember some of the major components of executive function is to think of the acronym FLIPP: Flexibility, Levelled emotionality, Impulse control, Planning/organizing, and Problem solving (Wilkins & Burmeister, 2015):

Flexibility - The ability to change your mind and make changes to your plans as needed.

Levelled Emotionality - The ability to emotionally self-regulate and avoid extensive mood swings.

Impulse Control - The ability to control your impulses, such as waiting to speak when called upon.

Planning/Organizing - The ability to make plans and keep track of time and materials so that work is finished on time.

Problem Solving - The ability to know when there is a problem that needs to be solved, generate solutions, select one, and evaluate the outcome.

Impact of Weak Executive Functioning on Daily Life

Problems at home - Difficulties following daily routines, performing chores. Difficulties getting started/winding down.

Problems at school/work - Attention, memory and following instructions, forgetting assignments, following schedules, getting tasks done efficiently and on time. Not having materials to complete assignments.

Impact of Weak Executive Functioning on Social Life

Problems in social settings - Impulsive, inflexible, poor self-monitoring interferes with peer relationships. Not knowing when to stop, ending up in trouble. Difficulties with turn-taking; often interrupts or is insensitive to others' feelings.

Problems with self-image - Self-esteem often affected. May develop "I don't care" attitude or very pessimistic view of the world.

Contact Us



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This guide was produced by the Autism AIM team, part of The Advonet Group. We are a free service co-led by and run for autistic adults (aged 18+) in the West Yorkshire area.