

CABS – Modified

INSTRUCTIONS: The following items are about strategies some people use. Indicate how much these strategies describe your behavior and how much they have helped you in **the past 6 months**.

1) I check things I've done to make sure I didn't make a mistake.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4

2) I often complete tasks as soon as possible so that I do not forget to do them.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4

3) I keep things organized so I do not forget where I placed them.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4

4) I keep things in sight or in a specific spot to stay organized.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4

5) I use planners to keep track of my day-to-day tasks or activities.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4

6) I use calendars to keep track of future tasks or activities.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4

7) I use to-do lists to keep track of tasks or activities I need to complete.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4

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8) I use reminders to keep track of important tasks or activities.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4

9) I ask my friends or family to remind me of important tasks or activities that I have.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4

10) I schedule more time for certain tasks or activities than I initially imagine they will take to make sure that I can complete them.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4

11) I use alarms to remind me of important tasks or activities.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4

12) I create organizational strategies to help manage day-to-day tasks or activities.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4

13) I create budgets to help manage my money/bank accounts.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4

14) Before making new commitments, I take care of what I have already committed to.

	Not at all (N/A)	A little bit	Sometimes	Quite a bit	Often
How frequently do you do this?	0	1	2	3	4
How much does this strategy help you?	0	1	2	3	4