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| <p>1. Daily routines</p> | <p>2. Ability to relax</p> | <p>3. Conversation between two persons</p> | <p>4. Conversation in a group</p> |
| <p>How well are you able to carry out daily routines? <i>For instance cooking food, washing oneself</i></p> | <p>Do you have ways of relaxing that work for you?</p> | <p>Are you able to start and sustain conversations with a friend?</p> | <p>Is it easy for you to converse in a group? <i>For instance expressing your own opinion, speaking when it is your turn, listening to others</i></p> |
| <p>5. Moving around in different environments</p> | <p>6. Exercise</p> | <p>7. Eating</p> | <p>8. Social flexibility</p> |
| <p>Do you have difficulties in moving around outside your home on your own? <i>For instance unfamiliar places, new routes, open spaces</i></p> | <p>Do you care for your health by exercising regularly?</p> | <p>Do you eat regularly? Do you eat varied meals?</p> | <p>Is it easy for you to make friends? Are you quick to quarrel with others?</p> |
| <p>9. Undertaking tasks</p> | <p>10. Sleep and daily rhythm</p> | <p>11. Ability to concentrate</p> | <p>12. Memory</p> |
| <p>How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? <i>For instance household chores</i> Is it easy for you to start a task? And is it easy for you to complete a task?</p> | <p>Do you sleep well and sufficiently? Do you follow a regular daily rhythm?</p> | <p>Is it easy for you to concentrate on more extensive activities? <i>For instance reading a book, filling in a form</i> Are you able to concentrate even when surrounded by noise?</p> | <p>Is it easy for you to remember something you have just heard or read? How well do you remember old things?</p> |
| <p>13. Regulating emotions</p> | <p>14. Control of thought</p> | <p>15. Planning of forethought</p> | <p>16. Time management</p> |
| <p>Do you have effective ways of calming yourself down when angry or sad? Do you sometimes react so strongly that you regret it later?</p> | <p>Do you find that you are able to identify, separate and regulate your thoughts well? Do thoughts compulsively get stuck in your mind?</p> | <p>Is it easy for you to plan your life ahead? Is it easy for you to organize things? <i>For instance arranging appointments and arranging parties</i></p> | <p>Do you use a calendar? Do you usually arrive in time for appointments?</p> |
| <p>17. Flexibility of thought</p> | <p>18. Nonverbal communication</p> | <p>19. Tolerating changes</p> | <p>20. Family relationships</p> |
| <p>Are you able to easily change your own point of view if the situation so requires? <i>For instance when a majority of the group wants to proceed in a different way than you do</i></p> | <p>Are you able to interpret nonverbal messages such as facial expressions and gestures?</p> | <p>Are you able to act in unexpected situations? Is it difficult for you if there are sudden changes to things that have been agreed beforehand?</p> | <p>What kind of relations do you have to your family members? And to your relatives?</p> |

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21. Rules in personal relationships

Do you know what kind of behaviour is appropriate in the company of others?

For instance knowing the rules of courtesy and good manners

22. Intimate relationships

Is it easy for you to have a romantic relationship?

23. Coping with work

Are you able to follow agreed working hours?

Are you able to complete job tasks assigned to you appropriately?

24. Pain

Do you experience physical pain?

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