



## Steppingstone #32

### Distractibility

Strongly  
disagree

0

1

2

3

4

5

6

7

8

9

10

Strongly  
agree

**A.** I get bored easily

**B.** I often struggle to concentrate on tasks

**C.** I find it hard to ignore things going on around me

**D.** When I am doing a task, unrelated thoughts and ideas frequently pop into my head

**E.** Generally, I cannot focus on any one task for a whole hour

**F.** My mind wanders during conversations, even when the other person is talking directly to me

**G.** I am frequently distracted by noises or activity around me

**H.** I am easily drawn to popups and other advertising when browsing the Internet

**I.** I struggle to maintain my focus when doing dull or repetitive tasks

**J.** I frequently have random thoughts and ideas

Total