



## Capable Teen Who's Stuck (College Ahead)

If your teen panics, procrastinates, or avoids planning, it's not apathy — it's overload.

### What this is

Executive function strain during independence demands.

### Why it shows up

- Future tasks feel abstract
- Initiation + planning gaps
- Fear of failing alone

### What to try this week

1. Reduce planning to **two lists only**
2. Identify the *first* step for each task
3. Focus on systems, not motivation

### When to get support

If independence feels fragile, self-advocacy and planning tools are essential.

### Recommended tools

- **Decode & Do / Advocacy Workshop**
- **More Than Behavior™ Letters**
- **Happy Core foundations**

Independence is built — not expected.

If this helped even a little, you're on the right track.

When you're ready, you can go one step further:

- [See related tools →](#)
- Talk to Kristin (10-min game plan call) →