



Reframe & Reconsider: Poor Judgement

Poor judgement is relative: others can look at a situation and decide they would have done something differently. It is important to consider that maturity, experience, and priorities play significant roles in decision-making.



Could be misinterpreted as...

- Having poor role models
- Willful misconduct
- Being unable to feel or show empathy
- Choosing not to care about the consequences



Should be interpreted as possibly...

- Doing what they think is best in that moment
- Confusion around social expectations
- Communication breakdown
- Needing help to interpret social cues
- Challenges applying learning to new contexts
- Needing help understanding the implications of actions, consequences
- Challenges knowing how to approach the problem
- Anxiety
- Difficulties understanding what information is important when making decisions
- Limited experience making decisions independently

"I bought a new iPhone and just swiped my credit card, didn't care how much it cost and decided I would deal with it later. Not realizing, I would need that money for groceries."

- Adult with FASD

STRATEGIES



- Establish a 'Go-To' safe person to bounce ideas off of, who listens without judgment; validates challenges; is responsible and trustworthy; troubleshoots ideas
- Ask: How did others respond, are you satisfied with the result? What do you want?
- Explicitly link an action with the outcome; ask "What could be done differently in the future?"
- Identify obstacles to good decision making

