TOOL 1

The Seven Drains

Rate 0-3:

	DRAIN	0	1	2	3
1	**Attention**	☐	☐	☐	☐
2	**Executive**	☐	☐	☐	☐
3	**Social**	☐	☐	☐	☐
4	**Sensory**	☐	☐	☐	☐
5	**Emotional**	☐	☐	☐	☐
6	**Physical**	☐	☐	☐	☐
7	**Inhibition**	☐	☐	☐	☐

Top two today: _____ / _____

One 20% reduction tomorrow: _____