SUPPORT

It's not laziness. *Executive dysfunction.*

Why one decision becomes fifty, and the supports that make it one again.

You decide to eat healthier. Your brain hears fifty questions instead, and by the time the thinking is done you're hungry, so you eat whatever is easiest. **From outside that looks like a lack of discipline. Inside, the decision collapsed under the weight of its own complexity.**

OUTSIDE AND INSIDE

WHAT IT LOOKS LIKE FROM OUTSIDE

Lazy. Undisciplined. Unmotivated. "They know what to do, they just don't do it."

WHAT HAPPENED INSIDE

One decision branched into fifty. Every variable felt important, every exception relevant. The task disappeared underneath the thinking.

WHAT SUPPORTS ACTUALLY DO: REDUCE COMPLEXITY, NOT EFFORT

REMOVE A DECISION

Same breakfast every day. Groceries on a repeat order. The bill on autopay.

MOVE THE FRICTION

Medication beside the coffee maker. Keys in the same bowl. One drop-zone by the door.

BORROW A BRAIN

A body-doubling call. A friend on the line while you make the phone call. A checklist instead of memory.

EXECUTIVE FUNCTIONING ISN'T A PERSONALITY TRAIT

- It responds to sleep, stress, hormones, illness, sensory load, burnout, safety
- Same brain, different season, different capacity
- Nothing is wrong with your brain. The equation changed

SCAFFOLDING THAT RESPONDS

- **Grows** when life gets more demanding
- **Steps back** when you have more capacity
- **Returns,** without shame, when you need it again. That isn't failure. It's information

Support doesn't reduce growth. It reduces unnecessary complexity so growth can happen.

- "Why can't I do this the way I did last month?" Try: what would make this possible today?
- "I'm terrible at routines." Try: the friction is too high; what can I move or remove?
- "I should be able to do this alone." Try: whose brain can I borrow this week?
- That's not lowering the bar. It's building a bridge.

Leah Hunter, MAMFT · Educational, not a substitute for care from a mental health professional.