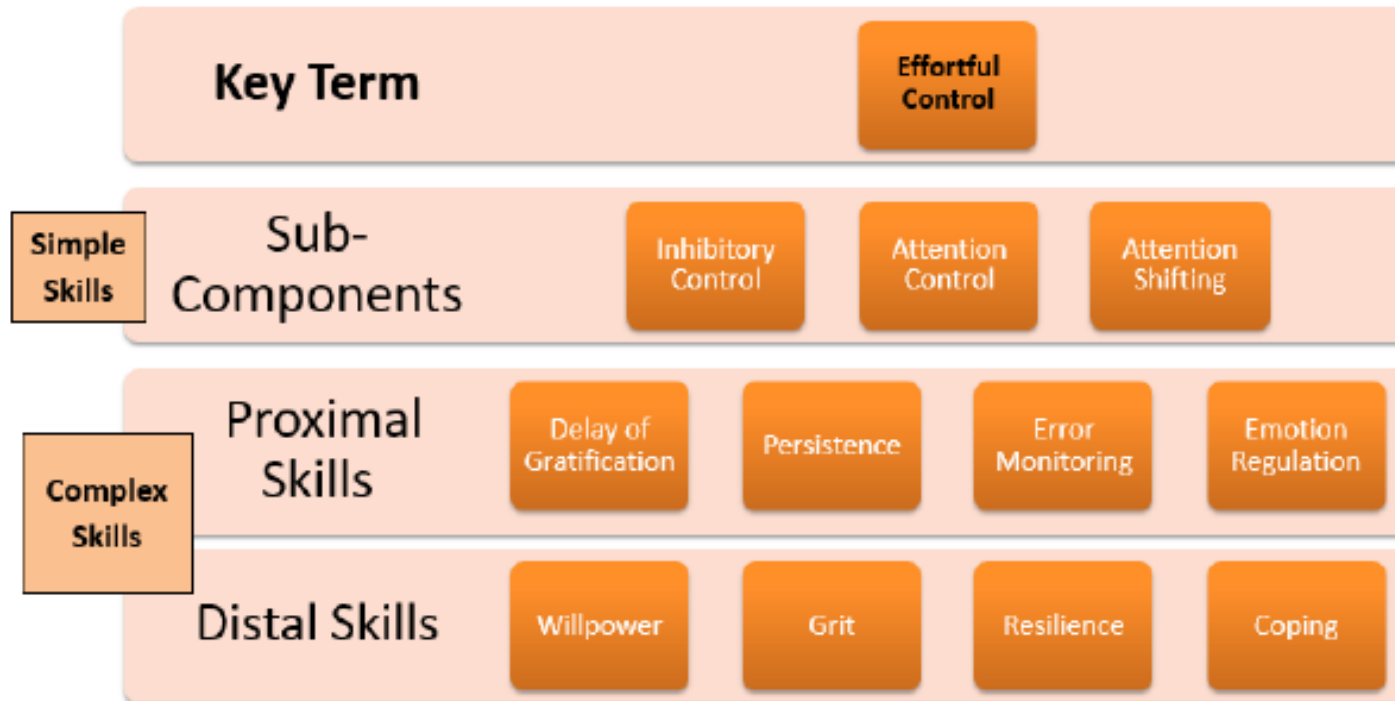


Effortful Control Hierarchy

Effortful Control (EC) is defined as the ability to inhibit a dominant response in favor of a subdominant response, particularly in emotionally-driven situations such as those involving desire, frustration, or the potential for reward.

Exhibit 3. Organizing Effortful Control Terms



From: Jones, S. M., Bailey, R., Barnes, S. P., & Partee, A. (2016). Executive Function Mapping Project: Untangling the Terms and Skills Related to Executive Function and Self-Regulation in Early Childhood. OPRE Report # 2016-88, Washington, DC: Office of Planning, Research and Evaluation, Administration for Children and Families, U.S. Department of Health and Human Services.