Defining & Understanding Perseveration

Perseverative acts and thoughts may be described as “being stuck” or a “broken record”. Perseveration is defined as repetitive actions or thoughts in response to a specific stimuli.

People with diagnosed developmental disorders, traumatic brain injuries, learning disabilities, or ADHD are likely to experience perseveration due to differences in the way the brain processes information.

Perseveration is not a willful act; it’s possible that people do not recognize that they are perseverating. In other instances, people may perseverate as a way to cope under circumstances that are stressful or unfamiliar.

Perseveration Examples

- Asking the same question or making the same comment repeatedly
- Fixation on a current, past, or future event
- Preoccupation with a specific toy or preferred item
- Repeated voluntary body movements
- Watching the same movie, TV show, or video clip in excess

Causes of Perseveration

- Stress/anxiety
- Information processing deficits
- Rigid thought patterns
- Executive functioning deficits
- Difficulty with impulse control
- Sensory processing challenges
- Difficulty processing emotions

Upcoming Events

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Topic</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Monday @ 10am</td>
<td>Ask Me Anything: Behavior Edition</td>
<td><a href="https://global.gotomeeting.com/join/329637733">https://global.gotomeeting.com/join/329637733</a></td>
</tr>
<tr>
<td>Thursday 7/2 @ 8:30a</td>
<td>Repetitive Behaviors: Getting Unstuck</td>
<td><a href="https://tinyurl.com/y7t4e8v3">https://tinyurl.com/y7t4e8v3</a></td>
</tr>
<tr>
<td>Every Thursday @ 7pm</td>
<td>Buffalo Parent &amp; Caregiver Chat Session</td>
<td><a href="https://global.gotomeeting.com/join/174359397">https://global.gotomeeting.com/join/174359397</a></td>
</tr>
<tr>
<td>Thursday 7/9 &amp; 7/16 @ 8:30am</td>
<td>Summer Structure &amp; Routine: Part I &amp; II</td>
<td><a href="https://zoom.us/meeting/register/tJlkdtTrrT4jHdNpQXRXsJK0sxnj22Gg1rME">https://zoom.us/meeting/register/tJlkdtTrrT4jHdNpQXRXsJK0sxnj22Gg1rME</a></td>
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