

PROCRASTINATION: I'LL GET TO IT I PROMISE!

So here I am it's 3 a.m, I don't know where to begin, Time's running out and There's no doubt that I feel, Like throwing in the towel, With no way I can get this Start finished...Stella Kart

WHAT TO KNOW!

- ❖ Procrastination is simply the putting off of things you have to do for a later time
- ❖ 20% of people say they are procrastinators; they typically:
 - ❖ Do not pay bills on time
 - ❖ Do not file their taxes on time
 - ❖ Do not finish school or work projects on time
 - ❖ Wait for the last minute to buy gifts
 - ❖ Do not cash gift cards, lottery tickets, or refund checks
- ❖ By procrastinating, a person can avoid stressful tasks and negative emotions and it can become a learned pattern of behavior
- ❖ Procrastination is not a problem of time management or planning but of self regulation that can become a lifestyle of avoiding tasks at hand
- ❖ Procrastinating is reinforcing since every time there is a delay, it reinforces and strengthens the habit of not doing and putting things off
- ❖ Other mechanisms people use when they procrastinate besides avoidance is denial, distraction, trivialization, humor, laziness, and reframing to put off their tasks
- ❖ Procrastinators look for distractions such as checking email, facebook, and youtube
- ❖ Typical rationalizations include:
 - ❖ I work better under pressure so I'll wait until I feel pressure
 - ❖ I really don't want to do it so I'll wait until I feel like it
 - ❖ I don't know how to do it so I'll wait until I know how
 - ❖ I'm just not in the mood to do it now but I will be later
 - ❖ I always wait until the last minute and then pull it out and get it done
 - ❖ The world isn't going to end if I do it later
 - ❖ It's not due until next week so I'll start it over the weekend
- ❖ The end results of procrastination can include stress, anxiety, guilt, crises, health problems, loss of personal productivity, and social disapproval from others
- ❖ Psychologically, in some cases, procrastination can be linked to depression, irrational behavior, low self-esteem, anxiety, poor habits, and ADHD
- ❖ There is a correlation between perfectionism and procrastination as tasks may be put off due to unrealistically high expectations, that is, everything must be right for the task

WHAT TO DO!

- ❖ Be honest with yourself and recognize that you are procrastinating
- ❖ Identify why you are procrastinating and give yourself some type of reward for changing your pattern of behavior
- ❖ Ask a friend to check-in on you and let peer pressure push you forward
- ❖ Focus on the negative results and how they are worse if you don't complete the task
- ❖ Mentally, make the task look small and easy; do only a chunk of the task at a time
- ❖ Work on something for just five minutes then decide to finish or switch to something else
- ❖ Organize yourself with have to-do lists, schedules, due dates, and breaking tasks down into steps to get them done
- ❖ Change your environment so that it is conducive to completing the task
- ❖ Seek professional help if you are unable to stop procrastinating on your own

WE CAN HELP!

Call us at **954 755-2885** or email us at **DrKimmel@KimmelPsychology.com**

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