Procrastination Worksheet

**Task:**

**Procrastination is normal and you are not alone!** Often, we use procrastination as a technique to manage discomfort we experience related to the task/responsibility we are avoiding. This worksheet will help you practice managing this discomfort without letting it take control.

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| **Thoughts stopping me from starting…** | **A more helpful thought would be…** |
| What thoughts make it difficult to start? (i.e.: “I will fail anyways, I can do this tomorrow…) | Ask yourself, “What evidence is contrary to my belief? Can I create a more balanced or helpful statement?” |

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| **Body sensations stopping me from starting…** | **I can make this more comfortable by….** |
| What body sensations and or emotions make it difficult to start? (i.e.: heart racing, fast breathing, tight chest) | For distracting emotions or body sensations, ask “What can I see/touch/hear/smell/taste that will feel soothing or energizing?” |

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| **If I start now I will get…** | **When I finish I will feel…** |
| Connect the task to a long term goal or a passion (i.e.: “I’ll be closer to the grade I want, I’ll be done!, I’ll learn more about…”)  | Visualize yourself completing this successfully & what emotions, sensations, and thoughts you would have (i.e.: “relief, happy!”) |

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| **My distractions** | **How I can I minimize/manage my distractions?** |
|  Note external distractions (i.e.: noise, phone, people) | i.e.: phone away, meditation, music, ear plugs  |