

Is Procrastination Laziness?

NOW

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LATER



What is procrastination?

Why do I procrastinate?

How do I procrastinate?

Strategies to procrastinate less?

Procrastination

“voluntary delay
of an intended and necessary
and/ or important activity ,
despite expecting potential negative consequences
outweighing positive consequences of the delay”



I find myself in

Procrastination

when

...



What

Tasks you tend to procrastinate



Work / study

Start / finish projects
Being assertive
Paperwork
Clarifying
Planning timeline
Requesting help

Household

Tidying
Fix-up
Errands
Bills
Maintenance

Decision
making

Deciding
Choosing options
Committing

Health

Book medical apt
Change diet
Start exercise
Sleep earlier
Quit smoking

Social

Initiation
Replying
Attending gathering
Communication
Resolving differences



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How do I procrastinate?

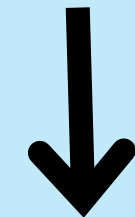
Strategies to procrastinate less?

Why

Avoidance of discomfort
from Unhelpful Rules & Assumptions
about what we expect of ourselves & the world
“I should... / I must... / I can’t... / If..., then...”



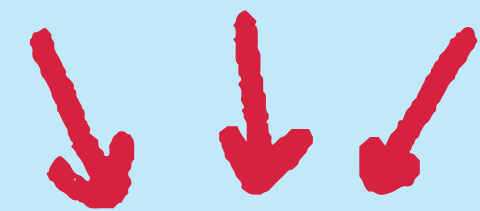
generates discomfort about doing a task
(anxiety, anger, resentment, frustration, boredom, fear, embarrassment,
depression, despair, exhaustion)



Detest feeling of discomfort



procrastination as a strategy to avoid discomfort





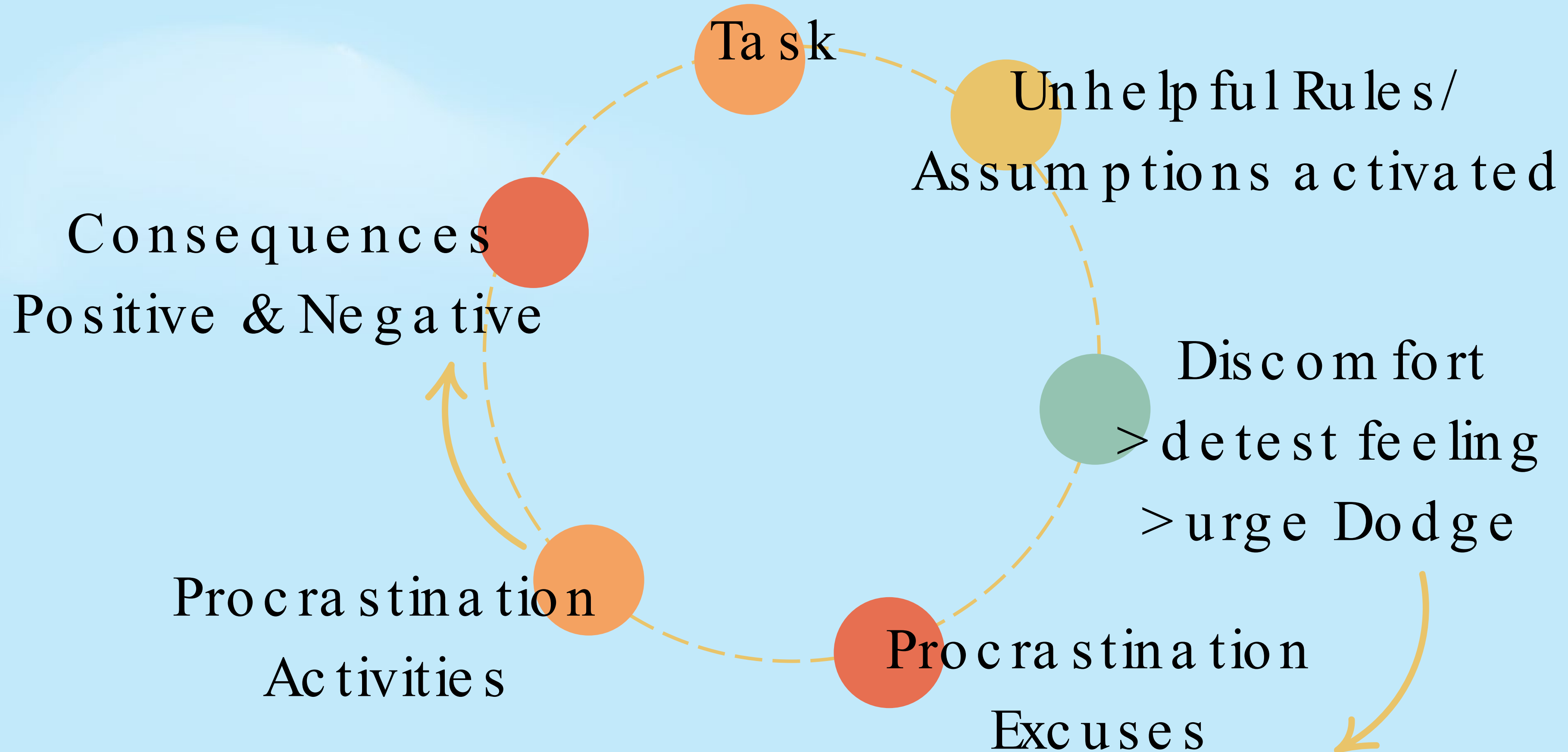
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Procrastination cycle



How

Avoidance of discomfort: Procrastination Excuses

- ☐ “I’m too tired, I’ll do it tomorrow”
- ☐ “I don’t have everything I need, I can’t start it now”
- ☐ “I don’t have enough time to do it all, so I will wait until I do”
- ☐ “It is too late to start it now”
- ☐ “I won’t get much done, so I’ll just leave it for now”
- ☐ “It is better to do it when I am in the mood or feeling inspired”
- ☐ “I will miss out on the fun happening now, I can do it another time”
- ☐ “It is too nice a day to spend on this”
- ☐ “I will do it once this other thing is finished”
- ☐ “I’ve got to organise my desk/ kitchen/ laundry, etc first”
- ☐ “I’ve got to exercise first”
- ☐ “I am too busy to do it now”
- ☐ “I have plenty of time, so I can do it later”
- ☐ “I work better when I am stressed, so I will leave it to the last minute”
- ☐ “It might not be good enough, so why bother doing it”
- ☐ “Working on it today won’t make any difference

Highlight ones you’ve used. It is important to be aware of the self-talk that you use to excuse your procrastination



How

Avoidance of discomfort: **Procrastination Activities**

Pleasurable
Task

movies/ shows
gaming
reading
scrolling/ surfing
net
shopping
cooking
hobbies

Distractions

sleeping
eating
vaping
smoking
drinking
substance

socialising

chatting
arranging meets

Low priority
task

organizing
tidying
researching
interest topics
paperwork
checking emails

Daydreaming

thinking past / future
imagining task completed
fantasying

Highlight ones you've used. It is important to be aware of the activities you use to excuse your procrastination



Activities only are problematic when doing them is to our detriment because we avoid important tasks. So when you notice your self doing one the above, reflect, “Am I doing this as a way of procrastinating?” If “No – there isn’t a more important task I need to be doing right now”, then keep going. If “Yes – I am using this as a substitute for something very important”, then maybe you need to rethink things.



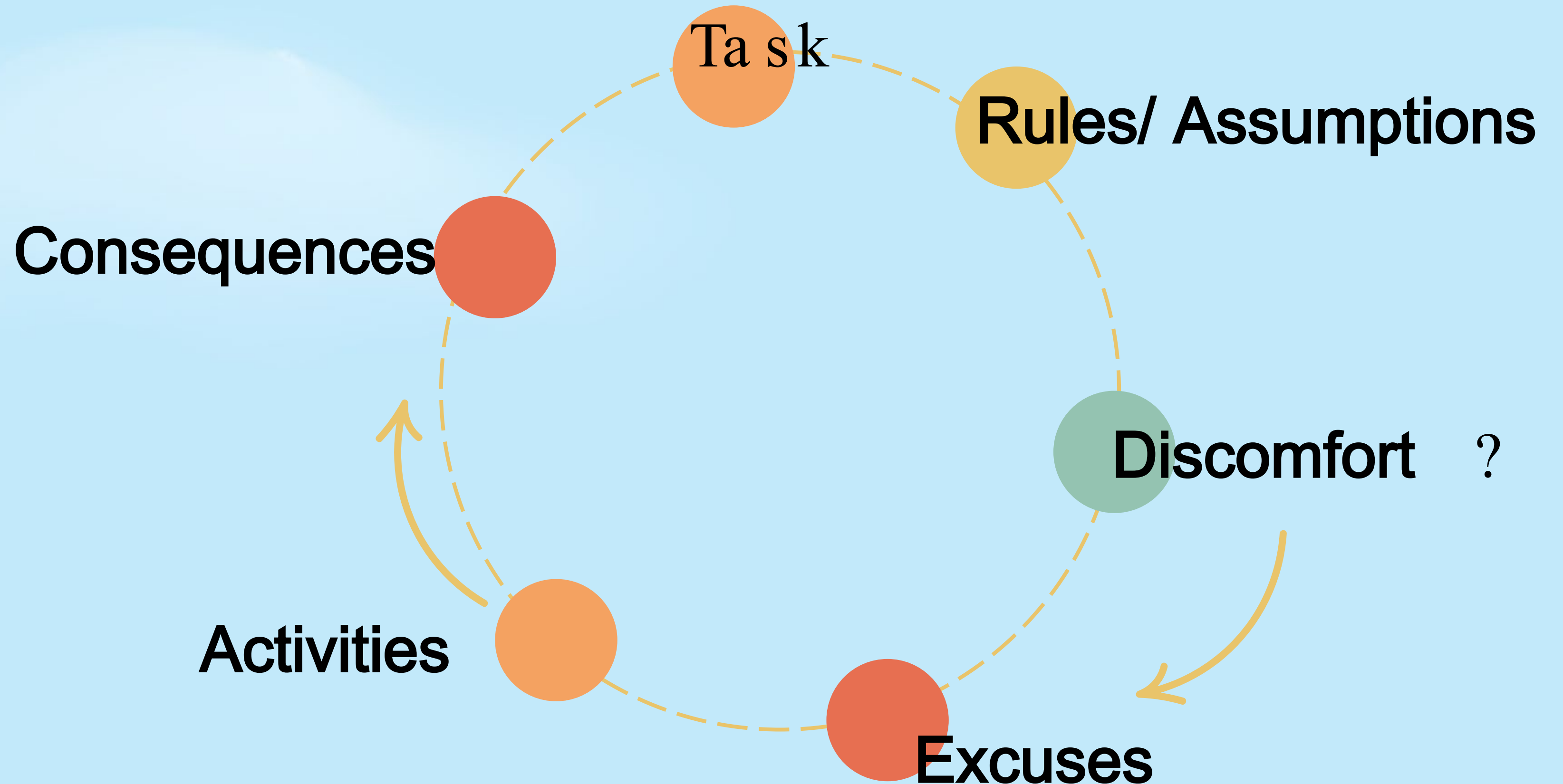
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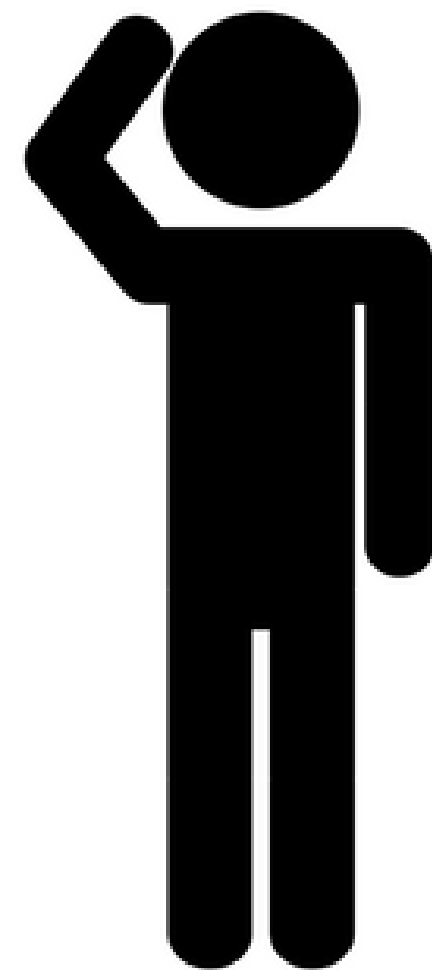
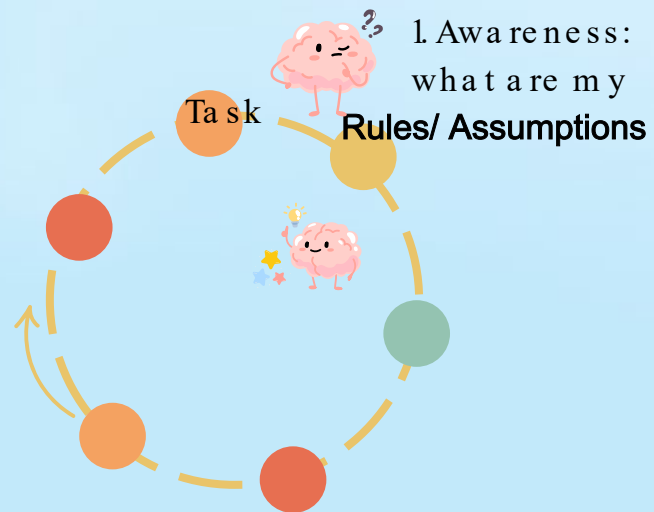
Strategies to procrastinate less?

Strategies



Strategies

1. What are my rules / assumptions



- ✓ I SHOULD DO THIS.
- ✓ I MUST DO THAT.
- ✓ HE SHOULD DO THIS.
- ✓ SHE MUST DO THAT.

FAILURE

FRUSTRATIONS

SHAME

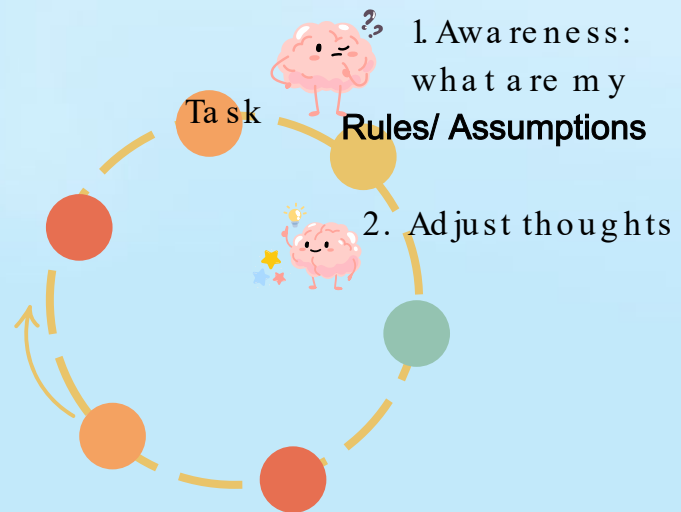
GUILT

SHOULD
STATEMENTS

*You create pressure to yourself
by saying "I should do this" or "I
must do that."*

Strategies

2. Adjust thoughts / self -talk

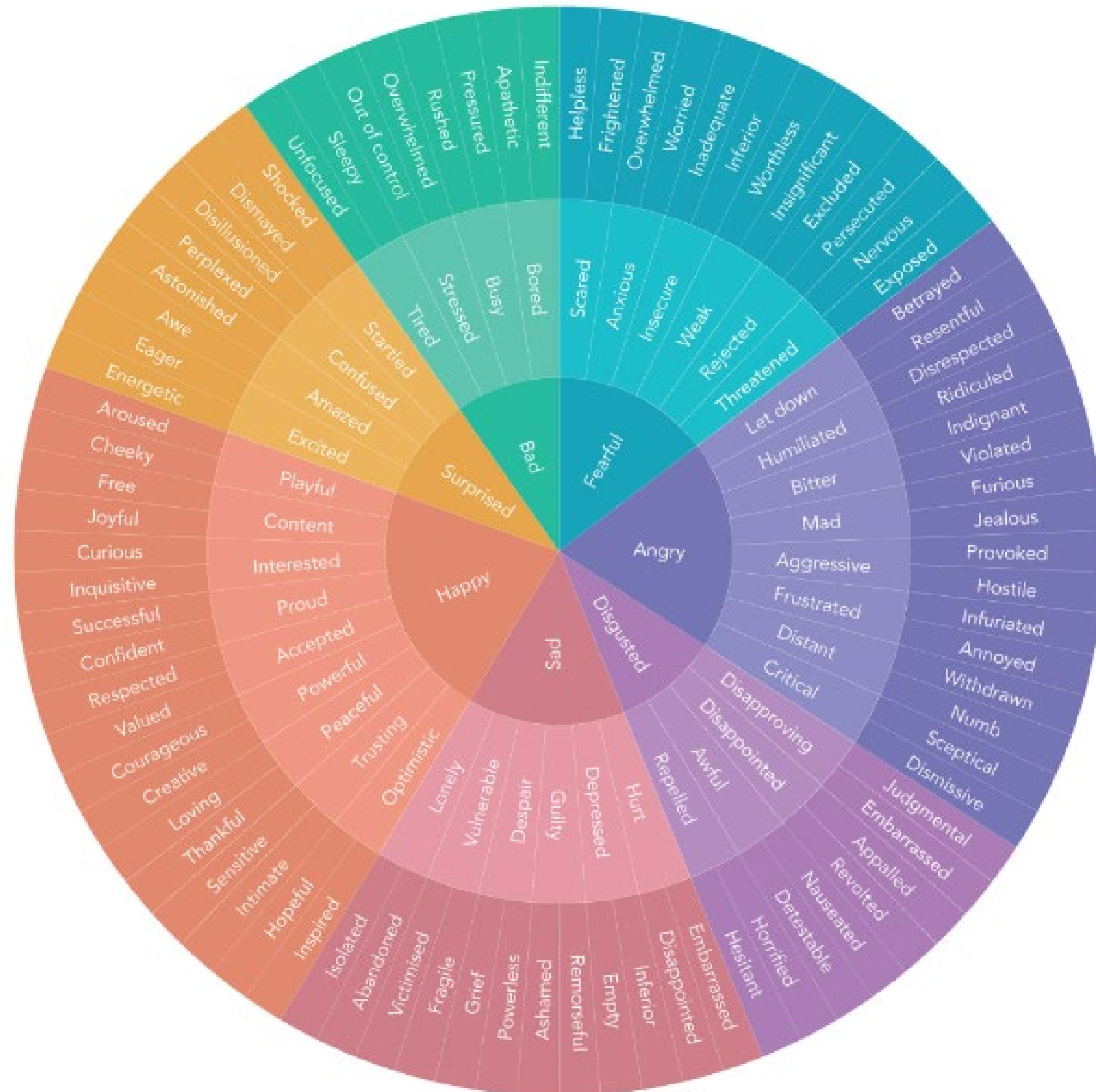
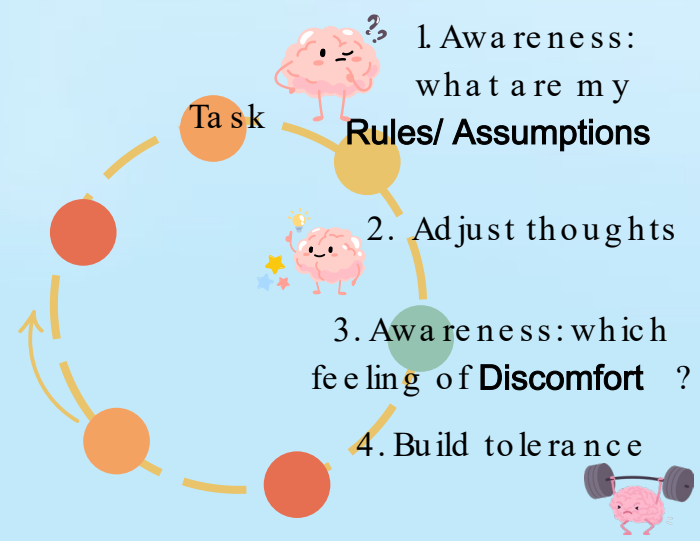


“I choose to...”

“I could ...”

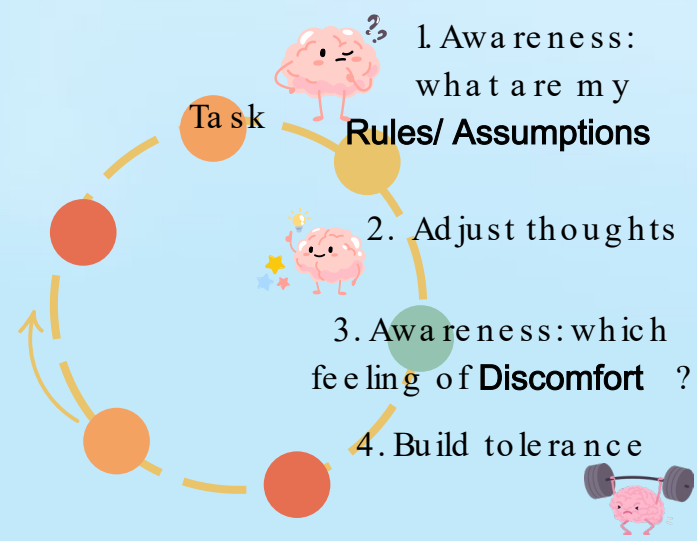
Strategies

3. Awareness of discomfort



Strategies

4. Practice tolerating discomfort: self-soothing / grounding



Strategies

5. Challenge excuses

6. Take small Action



- ✓ Just 5 minutes
- ✓ set Timer
- ✓ using Momentum
- ✓ plan Rewards
- ✓ Routine (constant time/location)
- ✓ set Shorter deadlines
- ✓ Prioritize tasks by importance
- ✓ break tasks into smaller Chunks
- ✓ Adhere to time blocking
- ✓ clearly define “Done”
- ✓ “Good enough”
- ✓ Reduce environmental distraction

Strategies



Experience

Positive

Consequences

Task completion

Healthier self esteem

6. **Activities** :

Action Strategies

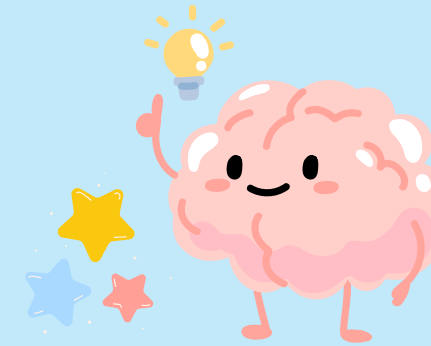
Task



Rules/ Assumptions

1. Awareness:
what are my

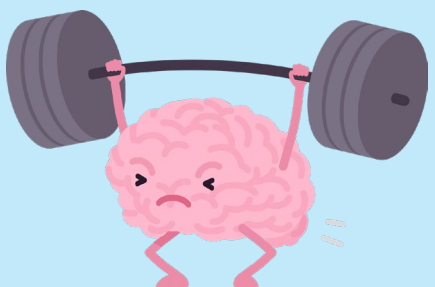
2. Adjust thoughts



3. Awareness: which
feeling of **Discomfort** ?

4. Build tolerance

5. Challenge **Excuses**



Procrastination

negative consequences

emotion driven avoidance

distraction activities

vs. Laziness

minor consequence

apathetic

non-specific task



thank you

