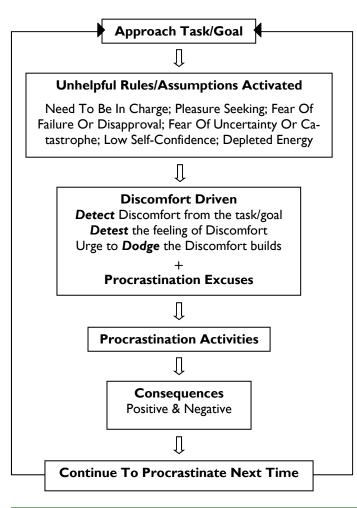
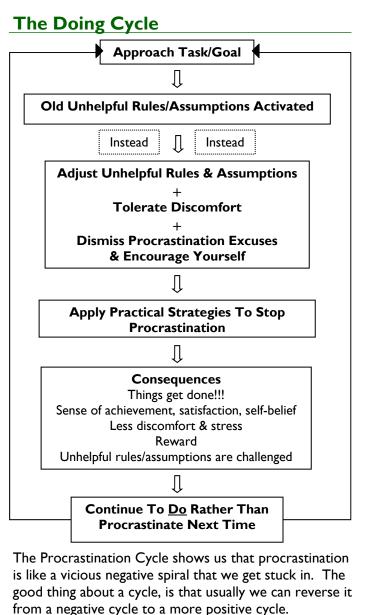
Vicious Cycle of Procrastination

The Procrastination Cycle

Procrastination arises from our unhelpful rules and assumptions about what we expect of ourselves and the world. When these are activated, they lead us to feel (or **detect**) some sort of **discomfort** about doing a task or goal we are faced with. If we can't tolerate this discomfort (that is, we **detest** the feeling), we will be likely to use procrastination as our way of avoiding or **dodging** the discomfort. In addition, if we can come up with convincing excuses and justifications for our procrastination, we will be all the more likely to travel the path of procrastination. As such we will engage in procrastination **activities**, such as doing pleasurable or distracting things, as a substitute for the tasks and goals we need to be doing. In turn, the consequences that arise from our procrastination, whether they be positive or negative, make us more likely to turn to procrastination next time we are faced with a similar task or goal. This happens because we got both a pay-off for our procrastination, as well as made the task even more aversive by putting it off.





The more positive Doing Cycle shows us that when faced with a task or goal you would usually procrastinate over, you need to:

- Adjust your unhelpful rules and assumptions;
- Tolerate your discomfort; •
- Dismiss your procrastination excuses;
- Be motivational towards yourself rather than critical; and
- Put into action practical strategies to stop procrastinating.

It is important to realise that procrastination is a habit, and like any habit it will take time, practice, persistence and patience to change from 'procrastinator' to 'doer'.



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