Reasons I Procrastinate: Worksheet

As we've discussed, procrastination isn't just about laziness; it often serves a function—a way our minds try to protect us from discomfort. This worksheet is designed to help you uncover the specific reasons behind your procrastination patterns. Be kind and curious with yourself as you explore your responses.

Instructions: Please think of 2-3 specific tasks or projects that you are currently avoiding, or that you regularly find yourself putting off. List them here:

1. _____
2. _____
3. _____

Now use these as examples as you answer the questions below.

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1. What Comes Up Before You Start?

When you think about starting these tasks, or when you sit down to do them, what **thoughts**, **feelings**, or **sensations** do you notice in your mind or body *before* you actually begin?

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2. Unpacking the "Why"

Looking at the thoughts, feelings, or sensations you identified in Question 2, what do you believe you might be trying to **avoid or protect yourself from** by delaying these tasks? (For example: fear of criticism, feeling overwhelmed, thinking it won't be good enough, judgment from others, etc.)

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3. Tasks You Simply Avoid

Are there any tasks you procrastinate on that don't necessarily bring up strong emotional reactions, but you just have a "block" about doing them (like sorting receipts)? What makes these tasks particularly unappealing for you? Is the difficulty getting started, or getting finished?