

How to Defeat Procrastination



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INTRODUCTION

Maybe you've heard people say "I'll get to it tomorrow," or "It can wait," or "I'm not in the mood right now." If you've heard these statements or perhaps said them yourself, you are affected by procrastination. Procrastination affects a lot of people. It can drive you crazy or upset the people around you.

Procrastination is a complex psychological behavior that affects many people. Some people only deal with it to some degree, while others have a hard time with it. Psychologists refer to procrastination as going hand in hand with perfectionism. It is a means of avoiding some type of action or task.

People who suffer from procrastination can suffer from stress, a sense of guilt, loss of productivity, and a lot of yelling from others. If you suffer from procrastination, you know your responsibilities, but you don't want to act on them. You just don't want to commit. Procrastination can be normal if it is kept at a balance, but when you allow it to interfere in your life, it becomes a problem. People who suffer from constant procrastination, after undergoing psychological tests, have been found to have a psychological or physiological disorder. In order to be able to escape from the grip of this unwelcome condition, people need to understand the whole concept of procrastination, including where it came from and why people get it.

Procrastination comes from the Latin word *procrastinatus*: *pro-* (forward) and *crastinus* (of tomorrow). The term literally means to forward action till tomorrow. This is why people, who suffer from it, always want to postpone taking action. They want to avoid the task or action or delay it anyway they can.

Procrastination has both psychological and physiological causes. The psychological causes can depend on the situation or element the person faces. Such conditions can include anxiety, low sense of self-worth, and a mentality where the person gives up easily. Procrastinators have also been known to have a higher level of conscientiousness. However, this high level is based more on what they wish they can do, but can't because perfectionism holds them back.

Procrastination is based more on anxiety and fear than anything else. In many situations the person simply feels out of control, and so may resort to delaying a task, or avoiding it all together.

On the physiological side, doctors have focused their attention on the prefrontal cortex. This is the area of the brain that is responsible for brain functions including planning, impulse control, and attention. This part of the brain also acts as a filter by decreasing distracting stimuli from other parts of the brain. When this area of the brain is damaged, the person cannot stop distractions, and this leads to poor organization, loss of attention, and increased procrastination.

People who suffer from procrastination are aware of what is happening. It can actually lead some people to depression or even suicide, and it can be involved with other kinds of dysfunction, such as Attention Deficit Disorder (ADD).

Although procrastination can be considered a behavioral problem, any other symptoms that are developed around this condition can be treated with medication. Hopefully, once the indirect conditions are treated, the resulting effect can also lessen the occurrence of procrastination. Certain medications have been known to help a person increase his attention span or even improve his overall

mood. Therapy can also be considered helpful, especially if the therapy can remove any underlying causes that created the behavior, like fear or anxiety. The basic premise is that it increases the person's ability to lead a normal life. This is why procrastinators should see a therapist or psychiatrist to see if there is anything beneath the surface that is causing their problems.

Those who are diagnosed as being procrastinators could find themselves getting addicted to such things as using their computer a lot, or using the Internet quite often. It starts with a compulsion to do something so as to avoid reality. So they take part in some kind of activity like surfing the web or playing a video game.

Procrastination is like diabetes – there are different types. One is referred to as the relaxed type the other one is the tense-afraid type. The relaxed type views responsibilities in a negative way and avoids them by doing other kinds of tasks. An example of this is for a child to avoid doing his homework so he can play his video game. In practical terms, this is known as denial. Basically, the procrastinator does everything to avoid any situation that is not pleasurable. People who see these types think they are avoiding work but in reality they are simply trying to evade the issue.

The tense-afraid type is usually overwhelmed with a lot of pressure, and doesn't have a solid concept of time. They are uncertain about their goals and may even have a lot of negative feelings. They often feel they can't focus so as to complete their job. So what they do is keep telling themselves they need to unwind and relax. They want to take it easy for the time being and start new the next day. The only problem is the next day brings the same results. This relaxing they do

eventually places more stress on them because they end up getting too close to a deadline and have to rush to get the assigned work done. Then the person feels guilty for having delayed getting it done when they had plenty of time.

Unfortunately, they repeat the same thing over and over again. They go from trying to accomplish a task to failure and delay. They constantly put off plans and goals knowing they can't complete them. The problem with this arrangement is that they can't be depended on for anything nor can they be trusted. They become uncertain about their goals and this makes them feel awkward, especially when they are around people who have it together and are goal-oriented.

Procrastinators do have a rough time of it emotionally, mentally, and even physically. But as you will learn in this ebook, this problem can be controlled or even eliminated once you know more about the condition and how to get rid of it. The biggest concern is to acknowledge you have it and take steps to change your behavior. By following certain procedures and guidelines, you may just find that procrastination can be a thing of the past.

Understanding it and getting clear as to its functions and causes will go along way toward helping you to deal with it. It is just a matter of knowing where it originates. This is one way you can treat it. By knowing the source of the problem, you can take the correct steps to ensure that this problem will not raise its ugly head again.

If you are one of those less fortunate to have procrastination, you are not alone. Did you know that even children can become procrastinators? It is a behavior problem, usually a learned behavior. If you find that procrastination has

taken over your life, you just have to open this ebook and read the contents therein. Hopefully the information in the ebook will help you to overcome your procrastination so that you can live with yourself and know you can actually accomplish each task you start.

Chapter One

WHAT IS PROCRASTINATION?

Many people procrastinate. It is a behavior problem with many. People who suffer from it sometimes do it without thinking. It can affect people's lives in a bad way. Some people don't even know they have it.

So the big question is what is procrastination? According to psychologists, procrastination is an avoidance of doing something. People who have this condition feel that their lives are unmanageable. They do everything possible to avoid situations just to get out of facing the responsibility of carrying out the action. But once they're relieved to know no action had to be taken, then they begin to suffer from guilt, inadequacy, depression, and self-doubt for failing to take the appropriate action.

Unfortunately, procrastination is a complex psychological behavior that affects many people. Some people are not afflicted by it as badly as others. For those who are badly afflicted by it, the condition can lead to stress and anxiety.

Procrastinators are strange people by the way they act. They want to take on a task right away. In fact, they are eager to do what is assigned to them. They believe they have everything under control until they begin to do the work. Then they make all kinds of excuses for not acting and executing what they set out to do and react very strongly about why they didn't do it.

Procrastination as a condition has done damage to society by slowing it down to a degree. Occasional delay in doing something is one thing. But when this attitude or behavior persists over time, it can cause many problems, including

disruption in services and workflow. Any time you decide to put off doing something it is a form of procrastination. If you have the attitude “I’ll get around to it,” that is known as procrastination.

If you are in business and you are around a procrastinator, you will know it. You will feel the effects of it. Your business will likely suffer the effects because of a slowdown in work processes and employee tardiness. Procrastination causes problems between co-workers and the workers' relationship with the boss. Sometimes morale is affected. The boss can't assign duties to the procrastinator, because he knows the work will not be done on time. In many cases, procrastinators are fired because of this.

The sad fact is that procrastination has disrupted and will continue to disrupt lives and hurt families as long as it is enabled by the person who suffers from it. Those who suffer from it will continue to battle fear, resentment, anger, guilt, frustration, and other emotions, all because they can't control the situation and people get on their case because of it.

Some people, who have been witnesses to the people who suffer from procrastination, have gone so far as to believe it is a curse. In some cases, it could be by the way it affects the person who has it. But the main consideration here is the inability of the person to cope with every situation and to accomplish what they set out to do or believe they need to do.

Unfortunately, procrastination is far from being a blessing, not only for those who have it, but for those who are close to the sufferer. This is where the root cause is involved. This problem causes interference in one's life and way of doing

things in a very negative way. And what is worse, the sufferer knows what is happening and feels guilt or remorse for not being able to accomplish what he/she promised to perform. It is as if they want to do it, but something inside them stops them from going forward and doing it.

It is only when procrastinators can get in touch with the reality of their condition and take steps to alleviate it, only then can procrastination become less of a burden, and maybe become a condition of the past.

Chapter Two

WHY DOES PROCRASTINATION HAPPEN?

Having procrastination is one thing. Understanding why it happens is another. There really are many causes of procrastination. However, the most important point here is to find the cause and remove it so that the person who suffers from it won't have to suffer from it forever.

As was stated earlier, the causes of procrastination are many. These can include the following:

- **Confusion and Fear:** People who procrastinate do so out of confusion and fear. At times sufferers will take on a project without knowing the outcome of their actions. When they begin the project or assignment, suddenly they get confused because the project is not going as well as they expected, or they were looking for different results, and therefore become confused by what the outcome should be. This creates fear and confusion inside them to the point where they are now uncomfortable with continuing the project. So they hesitate and make excuses for why they don't do it. This fear and confusion is not real but just a mistaken notion based on some subconscious thought or reaction that they can't control. The fear aspect enters when the sufferer is confronted with the realization that such an undertaking can't be accomplished because of an inward sense of doom or failure.
- **No Planning:** What happens with procrastinators is that they don't make a plan of action for their projects before they start them. They just

simply proceed forward with no idea of what they will do or how they will do it. They just get into the groove basically, and think they can accomplish the task like that. Then once they get involved with it, they find the realization of their actions is not in relation to the actual outcome. This, therefore, turns them into frightful, unsatisfied, guilt-ridden sufferers who now face a grimmer reality. Before they got involved in the project, they should have examined every aspect of the job and what was involved. This way they would have known what was expected of them in order to complete the job. They also had to know what steps to fulfill in order to complete the task at hand, and how to go about getting it done. Of course, one mustn't forget the deadline. They must know the cutoff date for completion and keep that focused in their mind. They have to evaluate the circumstances that would result from failure to meet the specified deadline.

- **Lack of Analysis:** One of the reasons for procrastination is the lack of analyzing a situation. Every aspect of a project or situation has to be analyzed based on the results to be expected. Every part has to be examined and an estimate for time of completion has to be attached to it. Don't try to analyze the whole event or project at once. That could very well put you into fear mode or even frustration. Take what is given to you and dissect it piece by piece. This is really the only way you'll be able to work with it in a more desirable way. Maybe by doing this you can deal with the assignment much more easily. Perhaps you won't be so quick to

give up the ship and will stick with it. At least this procedure can help your cause, just as long as other areas of your life are working on all cylinders.

- **Lack of Prioritizing:** Another reason for procrastination is the lack of prioritizing. In general, arranging tasks in a certain order helps people to accomplish them because everything is broken down and set up in regular succession. This helps to put the focus on one part first, followed by the next, and the next. When you look at a project, assignment, or whatever it is you are instructed to perform, you need to list what you need to do as very important, important, not so important, or can wait till the end to complete. This way you have an idea as to what you must do first, followed by what comes next, until you get to the end. This way you accomplish all the tasks and don't leave anything out. One problem with procrastinators is that they have a hard time prioritizing. But with practice, they can learn to prioritize.
- **Avoiding Responsibilities:** This is the trademark of a procrastinator. They hate responsibilities and avoid them at all costs. They'd rather not do anything if they can get away from doing it. The main reason for this is fear of losing control. If they don't have control over the situation, they can't handle it and give in to the pressure. This pressure leaves them feeling unfulfilled, which in turn leaves them feeling guilty for not doing it. It can really be a catch 22 situation, a type of situation that nobody would wish on their worst enemy.

- **Depression:** Depression has been known to cause procrastination. The sufferer just can't get it together. The person may feel very moody and down about himself or herself. These feelings will imprison the person inside their shell. They will not take a stand to do anything because those fears and worries have taken control. Such an occurrence is only too real for the person who suffers from procrastination. If you approach the person and request some action to be taken for your sake or the sake of someone else, the sufferer will just excuse himself and make excuses claiming that he can't do it or doesn't want to be bothered. This presents a major problem for those involved.
- **Fatigue:** It has been found through research that some people who suffer from procrastination have had bouts of fatigue before or during their state of procrastination. Most of the time fatigue is based on some psychological or physical problem that caused it. No matter, it will keep you from performing your duties, since you will not have the ability to function. The best way around this is to get plenty of rest and exercise. This will help immensely. Otherwise, the procrastinator will have another arsenal at their disposal as an excuse for not wanting to perform the action.
- **Lack of Vision:** Procrastinators do not have a vision for what they are looking to do. They really don't want to go beyond the first step or two because they don't know if they will go any further. It is just a matter of convenience to them to stay in a neutral position. This way there is no

fear, frustration, or commitment, which makes the procrastinator feels more comfortable.

What was covered above is only a part of the iceberg. There are many more causes that can be referenced. The more you know the better you can recognize this problem and resolve it.

The first thing you must do as a procrastinator is to understand why you don't want to do things that are assigned to you. Why don't you want to perform a certain task? You must analyze very carefully any task you are trying to do or are involved in, but haven't completed yet, to determine why you can't complete it. A lot of it is poor time management. You have a poor concept of time so you just think you can put off whatever you need to do to another time. If you are a good time manager, there are obviously other reasons for your problem. These causes can include:

- **Lack of Relevance:** If something that you face is not really important to you, you won't want to get involved. You won't have the motivation to actually do it. You will make excuses claiming it isn't right for you or you just don't have the energy to get it done. You just don't think it is worth your time so you don't do it.
- **Other Goals In Mind:** Oftentimes a procrastinator will be given a task to do and find it doesn't suit them. They may not find it interesting enough so they look toward other goals to do instead. This can be a common thing for a procrastinator. If the project is not to their liking, it won't get done. Unless they are forced into it, the task will not get done because

they don't have the enthusiasm to do it, and therefore will quit, or just simply prolong the avoidance.

- **Perfectionist:** This is an ugly word but it fits perfectly for the procrastinator. This is because in many circumstances, the procrastinator is a person who must have things as perfect as possible in order to do something. If it is not perfectly done, it won't get done. This is one of many reasons why procrastinators will not engage in certain activities, simply because if they can't do it perfectly, they don't want to do it at all.
- **Lack of Control:** One of the biggest concerns for procrastinators is not being in control. If you are a sufferer and you do something, but you find you are not in control of the outcome, you will suffer from lack of control and will back out in a hurry. You will feel embarrassed by it probably, but your comfort zone will have been compromised to a point that you can't take the feeling any more. This forces you to withdraw into a safe haven, a place where you do not have to conform, and become an inactive participant.
- **Uncertainty:** If you are not certain as to the outcome of an event or are uncertain as to what people expect from you, this will cause you to withdraw from it and not want to get involved. Assurance is the prerequisite to accomplishing the task at hand. Without that there is no involvement.
- **Fear of the Unknown:** This is a big one for procrastinators. This is one

of the top reasons for procrastination. Those who suffer from procrastination do not want to get involved in any kind of pursuit, knowing they have no idea as to the outcome or what is ahead of them. They have no way of knowing how they will perform what they have to do and this leads them to not want to take the necessary steps toward action. This puts them in a state of inactivity which can result in depression and anxiety for fear of entrapment. And this entrapment can keep them locked in their own little world where no one has permission to enter.

- **Can't Handle a Task:** If you don't feel adequate to do a job, because of a lack of training or whatever, you may decide not to get involved or to take on the project. This has the possible outcome of keeping you in a state of confusion and disbelief. In the end, you won't partake in the task and will refuse to do so. You may even use lack of skills or qualifications as your reason for not proceeding forward.
- **Lack of Self-Confidence:** As a procrastinator, you may have low self-esteem. You may think your effort is not worth anything so why try it. You may believe within yourself that you feel inadequate or incapable of achieving the goal of doing something unless you can do it perfectly.
- **I'm Busy:** A procrastinator may use the excuse that he is too busy to take on any more assignments or projects, when in fact he isn't busy at all. He may even use this as an excuse if he is late getting a project done.

- **Being Stubborn:** Believe it or not, procrastinators have used stubbornness as a way to get out of doing something they don't want or like. They may tell you they will do it when they feel like it.
- **Manipulation:** A procrastinator may use manipulation as a way to control a situation or others. They have the attitude that no one can do a thing until they arrive.
- **Pressure Reliever:** Many people will use procrastination as a way to control their lives and what is happening around them. This way they avoid pressures and anxieties that life can bring.
- **Victim Attitude:** Those who are procrastinators feel like victims. They can't really figure out why they can't achieve anything in their life.

Based on the evidence stated above, you can see what causes procrastination. But how do you know if you really are a procrastinator? There are a number of ways to find out whether you are a procrastinator or not. If you fit the following situations, you are a procrastinator:

- Do you believe that if you ignore doing a task, it will go away? For example, if you have a mid-term exam coming up, do you ignore it thinking it will disappear, although you know it won't?
- When you are assigned a task, do you underestimate it? Or do you find you overestimate your own abilities and find you can't cut it after all? An example of this would be if you undertake a test and say you find it easy and can do the test in 10 minutes when in fact, it takes you two hours to do it?

- Do you believe that a lower score on a test will still be enough to pass it?
For example, you're in a math class taking a test. The goal is to get 100 but no less than 70 to pass. You believe that if you score a 68 or lower that you will still pass. Because of your thinking, you lessen the effort you would normally make to do well on the test, although you realize this could lower your overall grade point average. Whether you know this or not, by committing to this pattern, you will find your life will be unmanageable and you will meet failure after failure all your life.
- Do you substitute one activity for another lesser activity; despite the fact that the first activity will give you better or higher results? For instance, you are told you have to complete a writing assignment that is due on Friday, but instead of working on it, you take the time to clean the house, or go see a movie.
- Do you find yourself constantly delaying a project or some minor event? And do you believe that doing this is harmless? What if you have an important project to finish, but you'd rather do something else, thinking you will only spend five or ten minutes doing something else and then return to do what was required? The only problem is you never go back to the important project, and so it never gets done, or you have to rush to do it at the last minute.
- Do you make it look like you plan to do something when in fact you don't? An example would be that you promise to work on a task that has a deadline, but you have to go out of town for an emergency, so you take

your laptop with you so you can work on the project while away. The only problem is you never do the work on the laptop. In fact, you keep the laptop in your travel bag tucked away in the closet of the room you are staying in.

- Do you find you are doing something but you are persevering only on one part of the task but not finishing the rest of it? A good example of this would be if you have a term paper due but you only focus on getting the introduction right, while ignoring the rest of the paper.
- When you are given a choice between two different projects to work on, but you are having trouble deciding which one to take. In fact you waste more time trying to decide that, and by the time you do choose, the deadline has already passed and you missed your deadline.

If you agree that one of all the above scenarios fit you to a tee, guess what? You are a procrastinator. The way to cure yourself of the problem is by first admitting you do have a problem, and then you can take the steps to cure your problem. Once you get past the denial phase, the actual steps you need to take next are the action phase, where you get into the steps to treat the problem. Hopefully, by the time you finish the action phase, you will no longer have to deal with procrastination. The treatment may be from a psychological perspective or it could be medical. Whatever treatment option that is found, it will turn into a long-term treatment, if your condition is worse than the standard.

In order to really overcome procrastination, you have to get rid of many types of emotions and feelings or at least change the way you think. An example of

this would be the following:

- **Difficult:** You can't sit there and think everything is difficult to do. If you do think things are difficult, you won't want to deal with them.
- **Time-consuming:** If you think what you will need to do will take up too much time, this will be a defeating attitude.
- **Lack of skills:** One reason for not wanting to do something is because the person's skill level is not high enough. This will force the person to think twice about taking on any kind of assignment.
- **Fears:** If the person has any kind of fears, this will prevent him from doing anything. He will prefer to do nothing and stay out of harm's way, rather than risk getting hurt or disappointed.

Procrastination does not have to control your life if you don't let it. If you have dealt with it for a long time it will be hard to break free from it. But it is not impossible. The important consideration is learning the ways to deal with it. Then once you know that you can take the next step to overcoming the problem.

Before you can safely rid yourself of the problem of procrastination, you must first recognize it as a problem. Once you recognize it as a problem, you have to come to terms with it and understand why it is hard to get rid of.

Not all people have been cured of procrastination, at least not right away. It sometimes takes days, weeks, or even years before the sufferer can escape its evil clutches. However once you do understand the reasons behind procrastination and why it is such a hard problem to get rid of, you can get to the root of it, and find the one ingredient that will help remove it from your system for

good. The next chapter will discuss the reasons why procrastination won't go away so easily. Hopefully after you have had a chance to read it, you'll be better able to deal with this problem.

Chapter Three

WHY PROCRASTINATION IS A PROBLEM

As you know from reading this ebook, procrastination is a problem for many people, and it has affected them in many ways. The causes are many and can vary between one person and another. It really is hard to give any concrete reasoning behind the problem because each person who suffers from procrastination does so in a variety of ways. But the bottom line is that procrastination is a hard problem to solve and it seems that it won't go away. At least this is the way the sufferer feels about it.

Why won't procrastination go away? Why does it rear its ugly head constantly? Why can't people get rid of it quickly so they can lead normal lives? These are all good questions and the answers may surprise you. Procrastination has deep causes, which is why people can't seem to get rid of it as they want to. Although people may have made some attempt to do something about it, unless the core or root is addressed and resolved, the problem will continue onward for as long as the root is still there.

As for the root causes, there are many to choose from. Here are just a few:

- **Disorganization:** Whether you wish to accept this or not, procrastination and disorganization go hand-in-hand. People who are bad organizers are usually procrastinators. There are four levels of disorganization you need to consider since not all levels are the same or cause procrastination. These four levels include:
 - **Can't distinguish between urgency and priority –**

Procrastinators have a difficult time distinguishing whether a problem or task is an urgent one, when it must be fulfilled and in what order. Procrastinators prefer to work with tasks that are more comfortable for them and put off the inconvenient or troublesome ones till later. In other words, they'd rather do what is convenient than what is urgent or priority. When procrastinators start working on the simple tasks, they find that the more urgent tasks are piling up and not getting done. Next thing they know, people start hounding them about the other tasks, so they start taking on other tasks just to quiet the crowd, but in the process, they find they get overwhelmed so they drop the previous task to take on the new task, which in turn leaves the previous task unfinished. But at least the present task has now become a priority where it was urgent before. Now, all the tasks that were assigned have gotten mixed up regarding execution time. Those that take on priority or urgency status are left behind for those that are more comfortable or non-urgent. Once a procrastinator gets into this situation, they are unable to establish proper priorities. This causes the procrastinator to request a reprieve from the tasks at hand and then he focuses on just the ones that are not so urgent or have a priority attached to them.

- **Distractions** – The procrastinator can easily get distracted to the point where tasks that may have been important are tossed aside

for less important ones, mainly because they may be easier to handle or have less stress involved. If someone asked them why they didn't get the present task done they will just claim something else came up.

- **Being forgetful** – Oftentimes a procrastinator will simply forget what they are supposed to do. When they take on a job or a bunch of tasks at once, they may claim to have a great memory so they can remember everything. But when it comes down to it, they may still say they remember what to do by claiming they were about to do it. If you ever checked out a procrastinator's home or belongings, you may just find they have a bunch of reminders tacked away somewhere, either in their pockets, or in their desk drawers.
- **Lumping together** – This is what procrastinators do very often. They take a bunch of activities and bring them together under one task and try to do them at the same time. When they do this they feel they have to hurry to get everything done on time. When this occurs, they put off doing it for the reason that it is too complicated a task.
- **Fear:** Fear was covered in a previous chapter as a cause, but it is worth mentioning here again because fear also is a common problem with procrastinators. Fear is what motivates them not to do anything. Fear forces them not to engage in a task or problem and avoid it as much as

possible. Fear keeps procrastination around and allows it to haunt the sufferer. The procrastinator struggles with fear on four levels: rational, irrational, discipline, or discomfort. Based on these levels they look at things from different perspectives, like knowing they should do it but for some reason they just can't get into doing it, and they don't know why that is. Or, they planned to do it, but just didn't feel like doing it.

- **Perfectionism:** This is another trait that was covered previously as a cause. But because it is a predominate trait that causes the condition to stick around, it is also covered here. Procrastinators can't seem to do anything unless they can do it perfectly. It has to be just right or they don't want to do it. Despite the fact they have this attitude, they will not acknowledge that they are perfectionists. They will deny this claim emphatically. Yet, they will start a project and stop it at some point, if they feel it isn't being done right. They will start up again when they believe they are more in control and will continue until they lose control again. When they sense everyone around them is irritated with them, they stop what they are doing, claiming to be exhausted from what they did. If you are not sure what perfectionism is, or know of a procrastinator who does it but you aren't too sure if what they do is perfectionism, here are some guidelines that will help you determine if perfectionism is involved:

- Being rigid or inflexible when doing a task. Procrastinators who are perfectionists tend to be rigid in the way they do things. They

have to make sure it is just right or else they won't comply.

- Procrastinators who are perfectionists will observe a project or task being done and believe it is not being done right. Therefore they will step in and take over even if they don't finish it.
- They will have the attitude that if you give them a task to do, they will refuse to do it unless they can do it perfectly, no matter how simple the task may be.
- The procrastinator who has signs of a perfectionist, will feel inadequate and will want to find closure. They will feel agitated in some way or even have some level of discomfort, if a task or assignment they were assigned to or view, is not completed. These feelings will keep that person from performing the task at hand.

Reviewing the material above will give you some ideas as to why it is hard to get rid of procrastination. As long as the person who suffers from it has inward fear, feelings of needing to be in control, or is guided by the belief that what is done has to be perfect, they will continue suffer from procrastination.

The person's inner self is what causes the problem of procrastination and it is also what allows it to continue bombarding the sufferer with continued bouts of feelings that surround the condition.

Procrastination can be dealt with. Those who suffer from it can be free of it. But in order to do something to keep procrastination from becoming a major persistent problem, changes must be made on the inside first. Once these

changes are made, any kind of problem that may have surfaced previously will be eliminated.

Many procrastinators just make excuses for themselves claiming they may just be inherently lazy or have justification for why they behave as they do. They put on this mask as it were with the hope people will understand their feelings and leave them alone. The only problem with this logic is it doesn't work. People will be more concerned than ever and will try to pry into their lives to offer help or try to find the reasons for their behavior.

Procrastination does not have to be the dominate factor here. Instead, it can be a less dominate factor in your personality, but it takes time and a lot of effort to curb its influence.

If you suffer from procrastination on an ongoing basis, you may not do so in every area of your life. Some people procrastinate in one form or another. There are really five areas of life that you face daily. You may be a procrastinator in one area but not another. Or you may be a procrastinator in more than one area. It is rare that a person who suffers from procrastination is affected in every area of their lives, although there have been some who have done so. The five areas of your life that are affected to some degree by procrastination include personal, school, work, home, and relationships. To determine which area you procrastinate in you have to examine many characteristics of those areas. This way you can determine the area that needs the most attention.

Listed below are the most common characteristics you will find that are associated with each area as noted above. These areas are again personal,

school, work, home, and relationships.

- **Personal:** There are many facets of your personal life that can be affected by procrastination. Let's take each one in turn:
 - **Eating habits** – Does procrastination interfere in the way you eat? Do you delay eating because you aren't sure what you wish to eat, or don't feel like preparing a meal?
 - **Finances** – What about your finances? Do you keep up to date with your checkbook, or do you delay in getting it done? Do you find you are behind in your bills? Always knowing where your money goes is vital to a balanced life. Without knowing this you could be in for financial disaster.
 - **Sleep** – What about sleep? We all need sleep. But are you afraid to get enough sleep because you may miss out on something, although you can't accomplish the task anyway? Does this attitude cause you to be tired all the time because of lack of sleep?
 - **Healthcare** – What about your health? Do you refrain from going to the doctor to get a check up because you are afraid the doctor might find something wrong? Do you suffer from some illness or disease but you can't see the doctor because you are afraid of seeing one? Having this kind of fear can even put your life in jeopardy.
 - **Exercise** – How are you with exercise? Do you try to exercise at

least three times a week or do you make the excuse you are too busy and keep putting it off? Do you have a schedule you should follow but don't because you feel overwhelmed with everything you need to do? It is important to work out several days a week. It strengthens your muscles and helps condition your heart and lungs. By not doing it, you can become lethargic, weak, and awkward.

- **Personal Hygiene** – What about your body? Do you keep it clean? Do you keep your hair cut to a certain length so it doesn't look long and shabby? If you are a man, do you keep your face shaved, or at least keep your mustache and beard trimmed? If you are a woman, do you keep your hair clean and neat? If you are to be respected by others you must keep your appearance respectable. Unfortunately, some procrastinators go around with smelly bodies because they claim not to have enough time to wash. Does that sound like you?
- **School:** School is another area where procrastination can be involved. This can include many different situations. These situations are usually:
 - **Getting to class on time** – Do you find this is a major problem? Procrastinators are often late for class. Just when it gets close to class time, they look at the clock and claim they have plenty of time to get there. They delay by doing other activities. When they finally take the effort to get there, the class is over. Do you go

through this constantly? If so, is this why you refuse to even go to college or to pursue further education? This can have a bad effect on your future life. And the problem here is that it happens to many procrastinators.

- **Doing homework** – How do you feel about doing homework? Do you drag it out, hoping the homework will just do itself or will just miraculously go away? Do you see your grades failing because you just can't get into gear to do it, and so you either don't turn your homework in on time, or you are late?
- **Doing assigned projects** – What happens to you when you are assigned projects in school? If you are teamed with other members, do you jump in and do the project because you find they aren't doing their part right? Or do you just give excuses why you can't be in the group and request to either do the work alone or with someone else? Procrastinators have been known to do this in school and this causes more problems than it is worth. This is why the teacher will be selective in giving a student who the teacher knows is a procrastinator any kind of project because of the way the procrastinator handles it.
- **Research** – What about research for your homework or assignments? Do you engage in research? Do you go to your school library and do the proper research you need to get your work done? Or do you shy away from the responsibility, claiming

you'll get to it the next day and find it didn't get done or you were late in doing it?

- **Test-Taking** – How are you regarding taking tests? Many procrastinators will look at a future test as happening far in the future and will not be too concerned about studying for it until it is too late. Then they fail the test and wonder why.
- **Work:** The workplace is another area where procrastination can cause many problems for the sufferer. Here are some general areas in the workplace where procrastination can cause the most problems:
 - **Getting to work on time** – There are too many procrastinators who lose their jobs because of chronic lateness. Nearly every day they are late by 5, 10, or 15 minutes. Many procrastinators can't hold down a job because they have lateness issues. Until they get psychological help, they just don't have the ability to find or keep a job.
 - **Completing tasks at work** – For those procrastinators who have no problem with getting to work on time, they just can't seem to accomplish a task on time. They are constantly yelled at by their boss for failing to meet deadlines. This has often caused a problem for the department the procrastinator works in, because the manager has to work around this issue by assigning the task to another worker, which delays the process and production. The boss may feel sorry for the worker, thereby not firing the person,

but will reprimand them, hoping the problem will go away.

- **Home:** If any place causes the most problems other than the workplace, it is the home. This is because when the procrastinator is at home, that person's family is exposed. This can eventually lead to a lot of frustration and confusion on the part of the members of the family. If the procrastinator lives alone, the only damage that is done is to the person. Here are some common problems that a procrastinator may face in the home.

- **Getting things repaired** – If any appliance were to breakdown, this could disrupt the household. What if the TV went dead? Everybody would be without a TV for a while because the procrastinator would not take the time to call for service, unless, for the procrastinator who has a family, another family member kicks in and does the calling. But this could cause resentment on behalf of the family against the procrastinator.
- **Getting groceries** – Whether the procrastinator has a family or lives alone, the one aspect to everyone's life is to eat. How do you eat? You have to buy groceries. This is where going shopping comes in. But the procrastinator will hesitate to go shopping. The person's excuse will be that there is always time to go shopping, or they do not feel like going today. There is always an excuse. In cases like this, the person has to be really motivated to go, or someone would have to force them to go shopping.

- **Cleaning the house** – Here is another concern for procrastinators in and around the home. If you go to the house of a procrastinator, you may find the house dirty, disorganized, dishes unwashed, dishes left on furniture, food left everywhere, etc. Some procrastinators aren't affected in this area, so this is no problem for them. But for those affected, it can be a real problem.
- **Laundry** – What about the laundry? Does it get done? Or does the procrastinator wear unclean clothes? If the procrastinator has a family, someone else may do the wash, seeing that the procrastinator does not do it. But if the procrastinator lives alone, do they live in a house with dirty laundry lying around? Or, maybe they manage to do the laundry but just do not put it away. These are all serious issues the procrastinator has to deal with.
- **Relationships:** This is has got to be the hardest part for a procrastinator to face during their existence. The hardest thing to deal with as a procrastinator is a relationship. Relationships are hard enough to deal with without the added complication of procrastination. Here are some things that a procrastinator has to deal with in relationships:
 - **Dealing with friends** – How are you with friends? Can you talk to them? Or do you put off dealing with them for some reason or another? If your friend acts a certain way against you, do you take it out on the person, or do you just shy away without reacting? Procrastinators will not even budge against the person, thinking

that they don't want to get involved in a fight.

- **Going on a date** – If you are a procrastinator, how do you handle a date? Do you go out with the person hoping to have a good time or do you dismiss it and hope the night ends soon? Or do you use an excuse and not go out at all? Many procrastinators feel very timid about being out in public with someone else for fear they may disappoint them and their date may not like them. So they avoid the situation by not going out at all. If this is a problem for a procrastinator, the sufferer could be very lonely.
- **Getting out of a relationship** – If you are a procrastinator and you happen to have gotten into a relationship, but have found that relationship has gone sour, you may avoid getting out of it because of your feelings toward the person. Even if the relationship is bad, your feelings of low self-esteem may keep you in it no matter what. This creates a problem for the procrastinator and the family, if there are kids involved.

If you are a procrastinator and you find that one or more of the above situations concerns you, you are not alone. There are many people who have the same issues. Despite the fact procrastination can be a problem for people, it can at times be an advantage. For instance, the procrastinator may use his condition to delay making a decision so as to give the matter careful consideration. You can also use it to put off doing a task you may find contradicts your beliefs, or which may prove to be unethical or immoral, or just does not fit your lifestyle.

Procrastination is a problem that just won't go away, or at least the procrastinator finds it hard to overcome the condition. But there is hope. In the next chapter you will learn ways to control procrastination.

Chapter Four

DEALING WITH PROCRASTINATION

If you know you have the condition of procrastination, you have made a start toward finding a way to cure it. There are many ways to deal with procrastination. It just takes acceptance of the fact you are a procrastinator that will get you started. After all, you can't cure something that you don't admit you have.

After you have accepted the fact you are a procrastinator, there are ways you can deal with procrastination. These ways include:

- Take stock of the way you make decisions. If you take too much time making decisions because you are afraid to try, wanting it to be perfect, perhaps you need to look deep inside yourself to see why you feel that way. You may want to take on the assignment, but take it one step at a time instead of looking at the whole assignment at once. This way you won't get bogged down or overwhelmed with what you are facing. The procrastinators who tried this claimed it worked.
- When you do a project, break it down into manageable steps, have a specific time frame set for each part and focus on completing that part for that time allotted. Make sure this allotted time is within your scope or abilities to get it done. You wouldn't want to underestimate the time and find you are under pressure to get it done.
- Try to plan your activities throughout the day so you can give yourself time for relaxation. This is important. Because if you work too much, you will burn yourself out. Not only that but if you reward yourself with

relaxation time, you are in fact giving yourself credit for some desired time out. This will help prevent you from having resentment over the chore you have to undertake.

- Any time you take on a task, monitor your steps closely. Take small steps and watch for any distractions that can occur. When a problem occurs, or you have a feeling about something, handle it immediately. Don't put it off. Your feelings may be founded or may not be. The important point is to face your fears head on and understand why they happen. Then take the proper steps to correct them.
- If you are a perfectionist, try to remember that nothing is perfect, no matter what. Therefore, go into a task with one goal in mind – to do your best. Do not put a lot of expectations on yourself except to complete the task at hand in the time frame you set for yourself. This will help you to overcome the condition of perfectionism.

Besides the above methods, you also have to take other steps so you can overcome certain characteristics that prevent you from living a fruitful life. One point of reference is to look at fear and understand why you have it. You have to understand the fear, identify what it is, and learn how to overcome it. The best way to describe this is with an example. Let's say you were looking for a job and you keep getting rejected over and over. Because of this you decide not to pursue finding another job. Why did you decide to stop searching just because you were rejected? Perhaps the reason you were rejected was because you kept going after jobs that did not fit your skills or qualifications. Perhaps you did not perform the

interview properly. Maybe your resume wasn't written correctly. There are so many variables to consider. The one thing you have to realize is that rejection does not mean you have to take it as an absolute. Rejection does not mean anything personal. If you are not sure, you need to speak to a counselor who can examine your resume and provide a critique on your job search and interview skills, to determine where you are lacking. By seeking a counselor, you stand a better chance of getting good results with your job search.

If you have problems with meeting appointments on time, try to plan your day earlier. Get up sooner in the morning so you have plenty of time to prepare. Then leave at least an hour before your scheduled time, this way you can overcome any obstacles that may come your way as you seek to get to your destination. It is also good to get a calendar so you can mark your appointment down. This way you can see your appointments at a glance. It would be good to have an appointment book to take with you when you leave home so you can keep track of your appointments. Having reminders in front of you all the time will help you in your efforts to improve making appointments on time.

When you make plans, only plan at least a week ahead of time. Do not go beyond that, otherwise you may overburden yourself and start panicking. After you have completed one week, plan for the next week. Keep doing this each week for as long as you need to.

And when it comes to doing any task, do not take on the whole thing at once. Instead, break the task down into meaningful chunks. This way you won't get overwhelmed with so much to do at the same time. You will only have the small

part to look at and this will help you get the job done faster and easier. When you have completed the first task, proceed to the next task. Keep doing this each and every time you complete the task and you will find the whole project will get completed without your backing out of it. You'll be amazed at what you did when you look back and see what you accomplished. Remember to break down each task into smaller bits until you become comfortable enough that you can do a task without breaking it down more.

The most important consideration for you to think about regarding procrastination is that you have to recognize all self-defeating problems such as fear, anxiety, inability to concentrate, bad time management, being indecisive, and perfectionism.

You also have to identify and write down your goals for whatever you choose to do. If it is a task that you have been assigned to do, then write down your goals on paper and keep track of what you do. Do the same thing with regards to your strengths, weaknesses, values, and priorities. You must record everything. This way you can refer to it every day. This will help you tremendously in both the short and long run.

When you look at your values, you will know what you believe and what you don't. You will understand what your true self really is and where you stand on many issues you are confronted with each day.

Priorities help you to keep organized. Putting your priorities down in the order they need to get done and looking at that list frequently as you work, will help you immensely to overcome your anxiety of not getting the work done. It is like

going to the store with a shopping list. As you shop for what you want, you see the item and place it in your cart. Then you check that item off your list. This is exactly what you do with your priorities. You simply write them down and proceed to take them on one at a time. As you complete the task, you check it off. This really is a great way to make sure everything gets done, and you'll be surprised at how you managed to complete each task in a timely fashion.

When you perform a task, look at your values, and decide if they are compatible. If so, go on and do it. But if the task is not compatible with your values, don't get involved. Nine times out of ten, if you take on a job, task, or assignment, and your values don't match with that job, task, or assignment, you will not complete it. Then you will go back to square one again and feel inadequate. Make sure you match your values with the action or actions you plan to take.

Another factor is that procrastinators fail to utilize time well. Many of them are time wasters. Don't be a time waster. Instead, be a time manager. If you learn to manage your time wisely, you will find that all the things you used to complain about not being able to get done, because you had no time for it, will now get done because you do have time for it. You will become elated by the time you have. You'll begin wondering why you waited so long to do this.

If you are in school, there is a way to get around your procrastination. When you begin to study, do so in small increments instead of looking at the whole assignment at once. Take a certain amount of time and study for that time. Then stop, take a break, then start the next block. Do the same until you complete the entire assignment. This will make the effort better and less demanding for you.

After you have completed each short block, reward yourself for having completed that by taking a short break and enjoy your favorite drink or snack. You deserve it because you made it through that first section. When you take your breaks don't spend too much time on them. You'll get spoiled and won't want to go back to your work. So try to keep them around 10 minutes, no longer if possible.

When you do study, have one goal in your mind, to learn and to prepare for the ultimate triumph – passing the test for this subject. Try to motivate yourself to study so you can achieve this end result. The more you picture the end result of an A on your test, the more motivated you will get. Another method you can use as you study, and many students who were procrastinators found this to be helpful, is to create a list of sections you have to study. Maybe break things down by chapter subheadings. This way as you complete each subheading, you mark it down on your list. By following these guidelines, you will get through your homework without once giving up or postponing the task.

The most important consideration for you is to set realistic goals for yourself. This means writing down what you expect to achieve for the day, week, month, or year, and doing everything possible to accomplish those goals. Be realistic with your goals. Do not put too much on yourself at once. Instead, strive for something reachable at first. Once you have reached for and obtained that goal, shoot for the next one. Keep doing this until you have reached all your goals. Once you have reached all your goals, you can think about newer more distant goals. But the new goals should be higher or need more work to be obtained. As you seek higher goals and reach them, you'll gain more confidence and believe strongly that you'll

be able to reach any goals you need or want to make. It is just a matter of believing in yourself and what you can do. After accomplishing many goals in your life, you will have reached heights you probably never reached before. A world of opportunity that wasn't there before will now be open to you. You'll find yourself presented with endless possibilities that will take you places you've never been to before.

The one problem procrastinators claim they face is distractions in their environment. These distractions come in many forms. In order for you to handle what comes up in your life, you must remove distractions whatever they may be. Make sure you have plenty of light when studying. This way you don't have to strain. When you do study, don't get too comfortable, or else you will find yourself falling asleep, or not wanting to study. Make sure to sit in a desk chair or some kind of firm chair. A straight-back chair is great. This will keep you from being too relaxed. This way you can stay focused on what is in front of you.

One other problem that also must be addressed here is sleep. Ever since we were children, we have been told that we need eight or more hours of sleep to function properly. Our health, safety, and performance depend on a good night's sleep. Yet, most procrastinators do not get the amount of sleep they should. There could be a good reason for this. Procrastinators tend to fear missing out on some kind of action. They think that if they sleep too long they will miss out on something that they should have been involved in. This is particularly true of college students. Procrastinators find that they delay studying until the last minute, and then they do all-nighters and cram for the exams they need to take. The problem with this is that

they deprive themselves of sleep, which in turn affects their memory. When it comes time to take the test, they can't remember what they studied. This is why using good study habits and getting a good night's sleep is essential to passing courses.

Many people wake up each morning by an alarm, which they set religiously, even though they don't have to get up so early. But what they fail to do is go to bed the night before in time to get a good night's sleep before that alarm goes off.

Sleep deprivation has caused many illnesses, accidents, and problems. This is because when you have a lack of sleep, you can't concentrate fully. Not only can you not concentrate fully, you also can't think quickly enough, nor can you remember facts or whatever material you had absorbed beforehand.

What procrastinators need to realize is that when they go to bed at night, they won't miss anything. They will wake up feeling refreshed and ready to go and do whatever tasks they need to do. They will have a clear head and a better memory. They will be more successful at passing tests than if they sat up all night cramming. The best way for procrastinators to avoid sleep deprivation is to set up a schedule to study. By follow this schedule religiously, they will find it easier to study and they won't miss the chance for a good night's sleep.

The best way to get the right amount of sleep, besides having a schedule of study, is to focus on going to bed at the same time each night and having a set time to get up in the morning. But don't set the clock to get you up too early in the morning until you have had ample time to get at least eight hours of sleep. If you must get up early, go to bed early, and do it each night. This way you will get the

amount of sleep you need. This will make you alert, refreshed, and ready to go for another day. If you concentrate on doing this each day you will get into the habit of doing this and will do it automatically. Then you won't revert back to being a procrastinator again. Whatever you do before you go to bed at night, don't drink caffeine. This is absolutely the worst thing to do. It acts as a stimulant and keeps you awake. Don't drink coffee. If you must drink something hot, drink decaffeinated herbal tea. If your procrastination is so advanced that nothing seems to work to help you sleep, go see a psychiatrist or psychologist, so you can get the help you need.

You can deal with procrastination as long as you know the score. You must know that you have it, and that it is indeed a problem. Then you just need to learn about what causes the problem and take steps to deal with it.

Chapter Five

STOP PROCRASTINATING NOW

In all the previous chapters you learned about the causes of procrastination and why it happens. You were told that procrastination is a condition that can be cured once you know the condition, why it occurs, and how it happens. Knowing these facts will help you in your efforts to cure your procrastination. So what is there left to do? You need to learn about what you must do to stop procrastination in its tracks. A lot of the information you read in previous chapters will help you learn how to deal with procrastination in addition to what follows.

In order to stop procrastinating, you must take certain steps and follow certain guidelines. Although you take the steps to stop procrastinating, remember that you have been procrastinating for a long time, so you aren't going to stop overnight. It will take some time to quit. But if you work at a certain program every day, it will help lessen the effects of it, until you are rid of procrastination for good.

Taking small steps may be the best way to cure procrastination. But you must start slowly. Don't expect perfection, nor expect a change overnight. If you perform certain steps right, you'll make it. Here are the most recommended steps to take:

- **Start Small:** Any time you do anything at first, your best bet is to start small. Take things gradually. If you must, make a list to follow each day. This will help you get through the day, at least till you don't have to be dependent on lists anymore.
- **Changing Home Life:** The hardest part for procrastinators is living by

themselves at home. There is no one else around to say anything to them. They are basically on their own in their house. This can cause them to lack discipline. They will not want to try to change. And the hardest part of being alone is change. You have no one to encourage you or force you to keep going or make the necessary adjustments. This is why being at home is the hardest thing to do for a procrastinator.

- **The Control Factor:** The biggest problem for some procrastinators is they like to take control of situations. Taking control has its good points and bad points. The good point is you see to it things get done. The bad point is that it can have negative connotations. You may develop the urge to go beyond the control you should have. Instead, monitor your control and only do what is necessary to get the work done that needs to be done. Don't go beyond that. Have people around to help you so you won't have to go it alone. Using control can help you, especially in an office situation, but if you go beyond this control, you are risking it. An example of this could be if there is a special meeting you have to go to by 1 p.m., but you also have reports that are due by 2 p.m. You don't want to put off doing the reports. So you get out your trusty list, and you work on your reports till about 12:30 p.m. You notice your meeting is in a building next door and it usually takes 10 minutes to get there. So you work on the reports till 12:30 p.m and then mark doing these reports off your list. Now you walk out the door. When you get back from the meeting, you check off the meeting from your list and take your reports

to your manager for delivery. You have just completed your list for the day, if that is all you had listed. If you had more, you simply go back to your office and continue down the list. This is the best way to use the proper amount of control.

- **Face Your Fears:** The best way to face fears or resist the temptation to be a procrastinator is to think about what would happen to you if you procrastinated on the task you want to do. How would you feel about not doing it? What would happen if you didn't do it? Usually asking questions about your own fear and doubt is a way to break it. Because when you realize the fear is not real, it helps you to overcome it. Or, if you feel a lot of pain, anger, or resentment around the fear and avoidance you may face now, then perhaps you should think twice about developing procrastination. Having this kind of attitude has worked numerous times for procrastinators in the past and can work for you now, if you let it work.

These are just some of the ways in which you can stop procrastination in its tracks. Just take the necessary steps to alleviate it and you will soon find that it is a thing of the past. Imagine a life without having to suffer from procrastination. This is possible if you follow through on all you have to do and stick to it. Remember what you read in this text. You can't get rid of procrastination overnight. It will take time, perhaps days, months, or even years, but you will eventually get rid of it. Get rid of those internal emotions that cause you to have procrastination like fear, avoidance, and perfectionism, and you'll be on your way to a life free of those emotions and

conditions that have held you back for so long.

SUMMARY

From reading this ebook you have found that there are many people who suffer from procrastination. It is a behavior problem that is very difficult to get rid of. People who suffer from it often find they engage in it without even thinking about it. It just happens. Unfortunately, procrastination affects people in a bad way. Some people don't even know they have it.

The biggest question that is asked is what's procrastination? According to psychologists, procrastination is an avoidance of something. The person who is a procrastinator feels that his life is unmanageable. They will do everything possible to avoid situations, just so they can get out of facing their responsibility no matter what the task is. At first, the person is relieved to know no action had to be taken. But then feelings of guilt, inadequacy, depression, and self-doubt arise for failing to accomplish the task at hand.

Procrastination is a complex psychological behavior. Those who are not afflicted by it are lucky. But then again there are those who do have the condition, but not as badly as others. To those who are badly afflicted by it, the condition can lead to stress and anxiety.

Procrastinators act strangely and are often predictable in behavior. You give them a task and right away they are eager to do it. When they start the task, they think they have everything under control until they begin to do the work. Then they find they can't do it and make all kinds of excuses for not wanting to get it done.

It is only when procrastinators can get in touch with the reality of their

condition and take steps to alleviate it, that their procrastination can become less of a burden, and maybe become a condition of the past.

For the person having the condition of procrastination, dealing with it is crucial. But many people try to treat the condition only to find it stays around and continues to haunt them. There really are many causes of procrastination. However, the most important point here is to find the cause and remove it so the person who suffers from it won't have to suffer constantly.

As was stated earlier, the causes of procrastination are many. These can include having confusion and fear, not planning enough, not analyzing things, not prioritizing, avoiding responsibilities, chronic depression, fatigue, lack of vision, and many more symptoms.

Now you know procrastination does not have to control your life. Of course if you have had it for a long time, it will be hard to get rid of. But it's not impossible. The main thing is to learn how to deal with it. Once you know how to deal with it, you can take the next step to get rid of the problem once and for all.

Before you can get rid of procrastination, you have to acknowledge you have the problem. After you recognize you have it, you can then take the appropriate steps to rid yourself of its cursed existence.

There is one obstacle that stands in the way for many people. This is the fact that it could take a long time for it to be cured. Sometimes it can take days, weeks, or even years before the condition goes away. Once you understand the reasons behind procrastination and why it won't go away so easily, you can get to the root of it, and find what allows it to flourish in your life, and remove that

problem.

As you know, the causes of procrastination are many and can vary from one person to another. It is hard to pinpoint the exact cause because there can be different origins for each person who suffers from it. So why doesn't procrastination go away?

Procrastination has deep-rooted causes which keep people from finding a cure for it right away. Even though the sufferer may have taken steps to get cured, unless the person gets to the core or root of the problem, they will likely have procrastination until such issues are dealt with. As long as the person has inner fear, a need for control, or a need for perfection, the person will continue to suffer from procrastination.

Procrastination can be dealt with. Those who suffer from it can be free of it. But in order to keep procrastination from becoming a major problem that persists, changes must be made on the inside first. Once these changes are made, any kind of problems that may have surfaced previously will be eliminated.