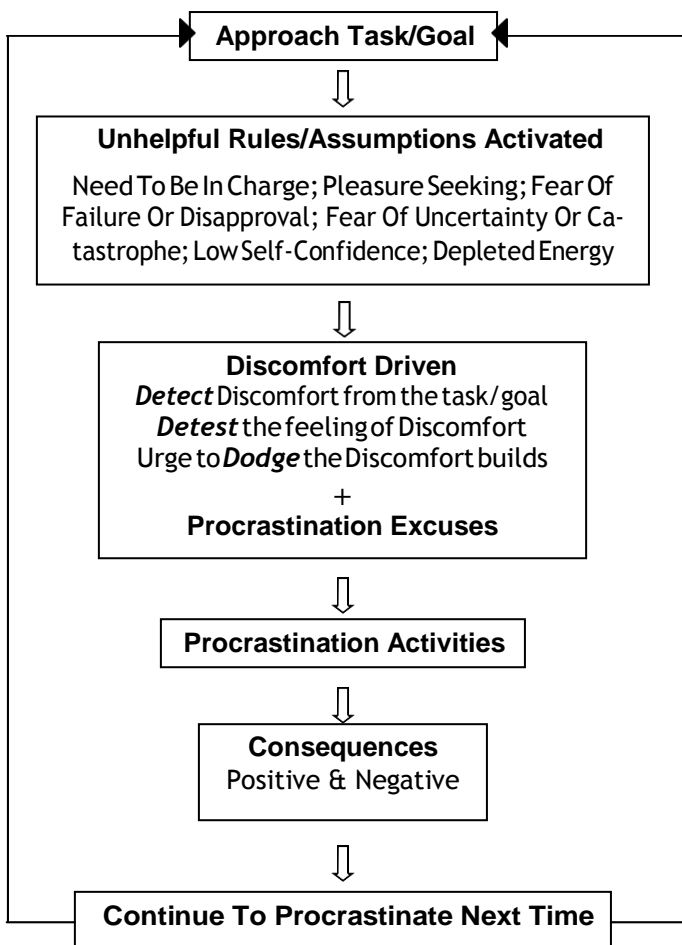


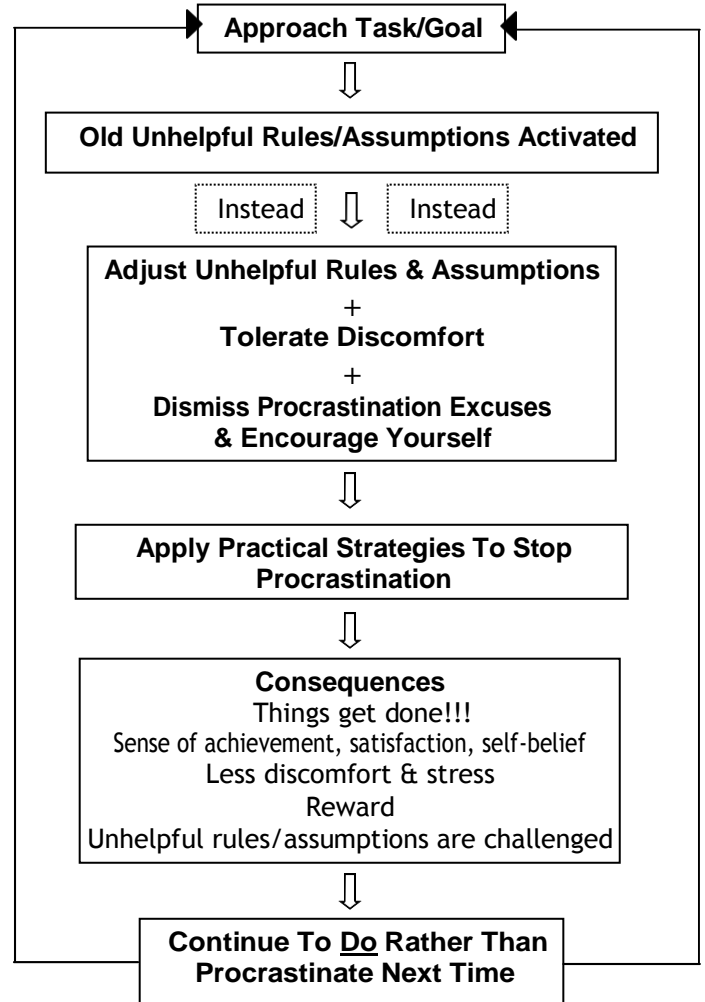
# Vicious Cycle Of Procrastination

## 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 Doing Cycle



The Procrastination Cycle shows us that procrastination is like a vicious negative spiral that we get stuck in. The good thing about a cycle, is that usually we can reverse it from a negative cycle to a more positive cycle. 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'.