

WORKSHEET 7.8.2: SELF-MONITORING PROCRASTINATION

Step 1. Record the perfectionism area and situation.

Step 2. Record your perfectionist predictions. Ask yourself: *‘What was going through my mind when I decided to delay the task?’* Rate how strongly you believe the thought (0 per cent=do not believe; 100 per cent=completely believe).

Step 3. Record your behaviour. What did you do?

Step 4. Record your feelings. Examples are: anxious, sad, angry, ashamed, depressed, scared, embarrassed, irritated,

happy, disappointed, excited. Rate your feelings (0 per cent=no feeling; 100 per cent=strongest feeling).

Step 1. Perfectionism area and situation

Step 2. Perfectionist prediction

Step 3. Procrastination behaviour

Step 4. Feelings (rated 0–100 per cent)

Reflection on Worksheet 7.8.2:

What did you learn about your procrastination by completing this worksheet?
