

## WORKSHEET 7.8.3: MY EXAMPLES OF HOW PROCRASTINATION IS MAINTAINED BY INCREASING BELIEF IN PERFECTIONIST PREDICTIONS

| <i>Example</i> | <i>Perfectionism area</i> | <i>Perfectionist prediction</i> | <i>Procrastination behaviours</i> | <i>How procrastination keeps going by increasing belief in predictions</i> |
|----------------|---------------------------|---------------------------------|-----------------------------------|--|
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*Reflection on Worksheet 7.8.3:*

What did you learn about how your procrastination is maintained?

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