

WORKSHEET 7.8.4: CONSIDERING THE COSTS OF PROCRASTINATION AND THE PROBLEMS IT CAUSES ME

Step 1. Consider the benefits and costs of procrastination.

Step 2. Develop challenges for the benefits of procrastination. Ask yourself: Is it really true that these are benefits? What is the impact of these benefits in the longer term?

<i>Benefits of procrastination</i>	<i>Costs of procrastination</i>	<i>Challenge the benefits</i>
Example: Reduces my anxiety.	Example: Feel like I am failing because tasks are building up.	Example: Procrastination only reduces my anxiety for a short period, and after I have been procrastinating I feel more anxious than before, so it actually increases my anxiety rather than reducing it.
