

# WORKSHEET 7.8.5: BEHAVIOURAL EXPERIMENT TO OVERCOME PROCRASTINATION

1. Perfectionist thought

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2. Prediction in general

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3. Specify the prediction (specify behaviour and rate intensity of beliefs and emotions)

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4. Experiment

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5. Results

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## 6. Reflection

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## 7. Revised belief

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*Reflection on Worksheet 7.8.5:*

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

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