

SUMMARY OF MY PROCRASTINATION CYCLE

Use the table below to record this information you have generated to the questions above.

High-risk situations: When I am most likely to procrastinate & over what tasks or areas of my life?	
Source of my discomfort?	
Procrastination excuses?	
Procrastination behaviours/activities?	
Function of my procrastination?	
Most significant negative consequence?	

MANAGEMENT OF MY PROCRASTINATION CYCLE

<p>Strategies to manage my procrastination excuses:</p> <ul style="list-style-type: none">• Defusion• Disputation• Counter thoughts	
<p>Strategies to manage my procrastination behaviours:</p> <ul style="list-style-type: none">• Minimising distractions• Support of others	
<p>Strategies to manage my discomfort:</p> <ul style="list-style-type: none">• Modifying unhelpful beliefs• Relaxation training• Breathing techniques	
<p>Strategies to stay motivated:</p> <ul style="list-style-type: none">• Reflect on costs & benefits• Goals• Values• Perception of self	