Top Ten Reasons for Procrastinating

A. Lack of Self-Confidence - If you do not feel you can successfully perform a task, you are likely to delay or avoid beginning the task.

☐ 1. Perfectionism - If you equate your self-worth with high performance, procrastination protects you against the risk of failure.

☐ 2. Need for Acceptance - If you feel people will accept you only if you perform well, procrastination protects you from rejection.

☐ 3. Anticipating the Worst - If you can only imagine disaster as the outcome of your performance, procrastination protects you from anxiety.

☐ 4. Self-Judgment - If you judge yourself too harshly, procrastination protects you from feeling self-hate and shame.

☐ 5. Feeling Overwhelmed - If you feel weighed down by and unable to cope with the demands placed upon you, procrastination protects you from helplessness.

☐ 6. Rigid Identity - If your image of yourself is set, procrastination protects you from having to change.

B. Low Frustration Tolerance - If you have to wait for a reward, or someone else to motivate or inspire you, procrastination becomes the means of avoiding the hassle.

☐ 7. Immediate Gratification - If you just cannot stand to wait, procrastination gives you an excuse to do something more interesting. This is procrastination's supertool.

☐ 8. Passivity - If you really believe that you need somebody else to get you going, procrastination is the waiting you do until somebody else takes over. Some people wait their whole lives.

C. Hostility - If you are disappointed because life doesn't give you what you want or think you deserve, procrastination becomes the means of rebellion.

☐ 9. It's not fair - If you really expect that all of your classes, teachers, and assignments will be fair, you will have plenty of excuses for procrastinating. The "it's not fair" mentality is strong in college freshmen (or any person who is experiencing a transition). They assume that someone will recognize the unfairness of their situation and will rescue them. They wait and are surprised when nobody comes to their rescue. They think that the powers that be will recognize the injustice and set it right.

☐ 10. Nobody knows how tough my life has been - If you really expect others to know or care about your past difficulties in order for you to do the work, you will have thousands of wonderful, angry excuses for procrastinating.