**Types of procrastinator**

**Procrastination Types:**

* **Anxiety-Based**

● *The Perfectionist*- put forth excessive amounts of time and energy to make sure that everything they do is perfect & put things off due to fear about doing it the ‘right way’

● *The Worrier*- indecisive and often fail to commit themselves to the specific decisions they do make due to lack of confidence and dependency on others; high resistance to change

● *The Over-Doer*- compelled to take on more work than they can handle and often struggle to say ‘no’ or ask for help; confuse priorities because they are easily distracted from assuming so many responsibilities

* **Boredom-Based**

● *The Dreamer*- tends to recoil from anything that might be difficult or distressing, are passive rather than active & think fate will intervene so they lack focus

● *The Crisis-Maker*- dramatize situations, making themselves the center of attention and become easily bored causing them to resist the ‘dullness’ of doing things rationally or methodically

● *The Defier*- see life in terms of what others expect or require them to do, not what they themselves would like or want to do; avoid tasks as a way of challenging authority

**Step 1**: Let’s start by building awareness around your reasons for avoidance by following these steps: PAUSE, NOTICE, CHOOSE. Then, we can use the DUST model to identify why you might procrastinate.

Difficult

Unclear

Scary

Tedious

* ***Activity****:* 
  + In the chart below, list 5-10 projects or tasks that you are currently procrastinating (presently or in the last few months).
  + Then, in the middle column, record the main reason (Think: DUST) you are avoiding the project or task. You might also note a brief explanation.
  + For now, please let the green ‘one small action I can take…’ column blank.

| **Project/Task** | **Reason for Procrastination**  (Difficult, Unclear, Scary, Tedious) | **One Small Action I Can Take…** |
| --- | --- | --- |
| *Ex. Do my Q1 book report.* | Tedious - I don’t like to read so this is boring. | * *Choose a book.* |
| *Ex. Study for AP World History Exam.* | Difficult - the material is hard and I can’t find the time. | * *Gather my materials (notes, textbook, documents)* |
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**Step 2**: Time to reflect! Respond to the prompts below and consider your procrastination type.

1. Are there reasons for your avoidance that are listed several times?
2. Are there types of tasks that you tend to avoid?
3. What type of procrastinator are you? Explain your thoughts.

○ Perfectionist ○ Worrier ○ Over-doer ○ Dreamer ○ Crisis-maker ○ Defier

**Step 3**: Let’s return back to our chart in the activity above and take a look at the last column. Record *one small action I can take…* to avoid procrastination for each listed project/task.