



**Jonathan's Voice**  
Speaking out for mental health

# **Procrastination Frustration**

  

# **Workbook**

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You can do the exercises in this work book either on your own or with a partner.

Doing them with someone else can be really helpful in ensuring that you really get to the details of what is going on. It can also be very facilitative and help you make a real commitment to the task you are procrastinating over.

### **1. Think about and jot down**

- What do you procrastinate over?
  
  
  
  
  
  
  
  
  
  
- Is there anything at the moment you know you are avoiding or putting off?
  
  
  
  
  
  
  
  
  
  
- What are your typical displacement activities?

**2. Think about a task or job you are procrastinating over**

**What are the consequences?**

**Positive**

**Negative**

What are the consequences?

What are the consequences?

How do these keep you procrastinating?

How do these keep you procrastinating?



## **4.Action Plan**

- Think about a task – be specific and identify a time frame

- On a scale of 1 – 10 where are you with it now?

1 = not started ... 10 = completed

- What is your next step towards completion?

Remember be realistic and specific

- What skills, strengths and resources do you have to help you achieve this goal?

## **5.Action Plan continued**

- Think about times in the past when you achieved a similar goal – how did you do it then?
  
- How did achieving it make you feel?
  
- What might stop you getting on with it?
  
- What can you do about this?
  
- What will be your reward – in the short term and in the long term

***Now go and do it ...but remember to be kind to yourself and get help if you need it***