Procrastination Cycle

Approach Task/Goal

⬇

Unhelpful Rules/Assumptions are Activated

⬇

Discomfort Driven

Detect Discomfort ➕ Detest Discomfort ＝ Dodge Discomfort

➕

Procrastination Excuses

⬇

Procrastination Activities

Positive Consequences

Negative Consequences

Continue to Procrastinate

C entre for
C linical
I nterventions

• Psychotherapy • Research • Training