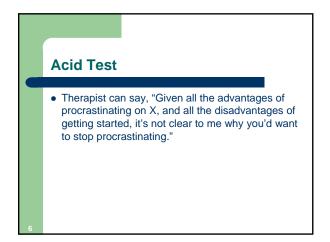


Procrastinating on X		
Advantages of Procrastinating	Disadvantages of Getting Started	
Easy     Avoid anxiety     Better things to do     More fun things to do     Not enough time right now     It's a pain in the butt     Can do it later—not urgent     World won't come to an end     if I put it off     I don't feel like doing it right     now	Anxiety provoking     It's a hassle     Task is overwhelming     More important things to do     Life is short     Great game on TV right now     Can do it later!     Not enough time to finish right now     I can wait until I'm in the mood	



### **Specificity**

 If patient insists he or she really does want help, therapist can say, "I'm happy that you want some help with your procrastinating on X. What time would you like to stop procrastinating on X?"

### **Miracle Cure Question**

 Make sure the patient selects a time today, like 6 PM this evening, not tomorrow. Then the therapist can ask, "What type of help would you be looking for at 6 PM?"

## **Miracle Cure Question**

- Patient will nearly always say, "I need help with motivation. I keep putting it off because I'm just not in the mood."
  - What will you say next?
  - Can we help with motivation?

### Negotiation

- Therapist might say:
  - "We're not offering motivation this week. I'd be glad to help you get started, but you're not entitled to feel motivated until after you've started and you're well into the task."
  - "However, I can help you get started, if that would be of interest to you."

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### **Errors to Avoid**

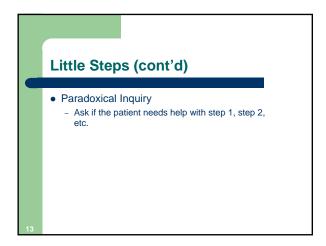
- Don't cheerlead
- Don't try to help
  - Your efforts to "help" will encourage the patient to continue to procrastinate
  - And now the "failure" will be yours!

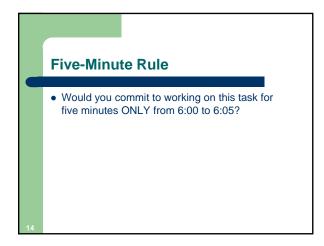
### **Little Steps for Big Feets**

- Let's assume the patient wants help on getting caught up on his filing
- Break the task into tiny steps and list them
  - 1. Sit down at my desk
  - 2. Grab some manila folders from the file drawer
  - 3. Pick up one item from the pile of unfiled stuff
  - 4. Label the folder
  - 5. Put the item in the folder
  - 6. Put the folder in the file cabinet

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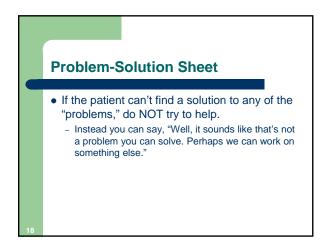




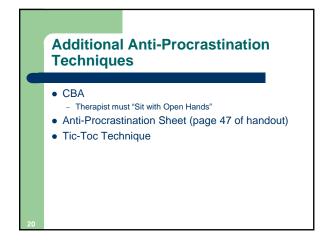
## Problem-Solution Sheet List the problems that will interfere with your decision to spend 5 minutes on your filing tonight at 6 PM

	Problem-Sol	ution Sheet	
,	Problems	Solutions	
		l	

	Problems	Solutions
	A friend might call.	
2.	I'll tell myself I need to eat some snacks to settle down before I start.	
3.	I'll tell myself I'm too anxious or not in the mood.	
1.	I'll remember something more important that I have to do.	
5.	The kids might interrupt.	
Ď.	There might be something great on TV.	



# The "I Stubbornly Refused" Technique • Ask patient to leave one of two messages on your answering machine at 6:05 - "Mission accomplished." - Or "I stubbornly refused."



Cleaning the garage today		
Advantages of procrastinating	Disadvantages of procrastinating	
1. I can do something more rewarding, like watch TV. 2. I can do it another day when I'm more in the mood. 3. I won't feel overwhelmed and anxious. 4. I can frustrate my wife. 5. She may get tired of the mess and clean it up herself. 6. I can show that I'm special and above such chores. 7. I can show that I won't be bossed around.	I'll feel anxious and guilty.     I won't have the satisfaction of getting started.     The garage will still be a mess.	
65	35	

	Break th	e task into sma	all steps.	
Step	Predicted Difficulty (0 - 100)	Predicted Satisfaction (0 - 100)	Actual Difficulty (0 - 100)	Actual Satisfaction (0 - 100)
Sit down at my desk				
Look through the pile of documents				
Put one document in a file folder				
Label the file folder				
Put it in my file drawer				

TICs (Task Interfering Cognitions)	TOCs (Task Oriented Cognitions)
Tomorrow will be a better day.	
2. I'm not in the mood.	
3. Five minutes will just be a drop in the bucket.	
4. There's something important on TV.	
5. I have more important things to do.	
6. It will make me anxious.	
7. I deserve a break. I've had a hard day.	