

Stop Procrastination--Now!

Styles of Procrastination; Time Management Tips

Never do today what you can put off for tomorrow. Better yet, never put off 'til tomorrow what you can avoid altogether!

I don't know who coined these phrases, but they must have been a depressive. The symptoms that we face, such as fatigue and hopelessness, make it so easy to say to ourselves, "I'll just put this off until tomorrow when I feel better". Before we know it, that deadline is creeping up on us and we're starting to panic. What's the best way to deal with panic? Hide your head in the sand and hope it goes away! Not really, but procrastination an easy habit to fall into and as the panic mounts, so does the depression. The more depressed we get, the more we avoid reality.

Why We Procrastinate

Why do we fall into the procrastination trap time after time? Because procrastination becomes a way--no matter how maladaptive-- of coping with the emotions and physical symptoms that accompany depression.

It may bring some temporary relief, but we eventually wake up the following day and find that no brownies have dropped in overnight and done our work for us. Which style of procrastination fits you?

1. Organizing thoughts and actions and keeping on track with plans is difficult. (People with ADD/ADHD may fall into this category).
2. Tasks seem overwhelming so it's futile to even try.
3. Hostile feelings towards someone cause you to want to punish them by putting things off.
4. Routine and schedule causes you to feel rebellious.
5. You fear disapproval.

These procrastination styles can overlap in one of four themes:

Self-Doubt - These people feel there are rigid standards about how things *ought* to be done and they fear they will fail. They second-guess themselves and delay taking action.

Discomfort Dodging - This person avoids activities that will cause them distress, discomfort or anxiety. Rather ironically, the act of dodging the activity doesn't make it go away so tensions mount because of this

avoidance.

Guilt-Driven - The person feels guilt over tasks undone, but rather than correct the original lack of action continues to procrastinate in order to not face up to the guilt feelings.

Habitual - The person has procrastinated so many times, it becomes an ingrained response. The person no longer thinks about why they do it, they feel it's just a part of themselves. It becomes an automatic response to say, "This is too hard", "I'm too tired", or to laugh it off as a character flaw.

Once you recognize your style of procrastination, you can take steps to stop it.

Dr. Bunny Vreeland – Ventura County Hypnotherapist – Bunny Vreeland serves Camarillo, Oxnard, Ventura, Thousand Oaks, Ojai, Moorpark and Santa Paula California – Bunny Vreeland provides hypnotherapy solutions for weight loss, hypnosis to stop smoking, IBS, fibromyalgia, stress relief, and more. Dr. Bunny Vreeland can be reached at **800-755-4083 or 805-984-1237 or at www.bunnyvreeland.com**.