

# Procrastinating?

YOU'RE NOT ALONE

FIRST, IDENTIFY THE THOUGHTS THAT KEEP YOU FROM DOING THE TASK

## MOTIVATION RELATED

- I don't feel like it
- It's boring
- It will take too long
- Too much to do
- It feels overwhelming

## EMOTION RELATED

- Shame
- Embarrassment
- Rejection fears
- Why bother?
- Fear of failure

## ADHD BASED

## ANXIETY OR MOOD-BASED

## ADHD INTERVENTION

## THOUGHT-BASED INTERVENTION

- Pair it w/something fun like music
- Build in a challenge
- Use a timer
- Do it in a new way
- Include a buddy
- Reward along the way
- Break task into "chunks"
- Commit to work for 10 min, then rest WITHOUT GUILT

- Challenge negative thoughts with TRUE & POSITIVE ones
- Ask yourself: "What evidence do I have that what I'm thinking is true?"
- Ask yourself, "What's another way to look at this?"
- What would you say to your best friend if they felt this way?

DID YOU GET IT DONE?

**YES!**  
*yay!*

**NO!**

DON'T WORRY IF YOU'RE STILL STRUGGLING. IT'S A PROCESS. BE KIND TO YOURSELF.

*be kind*  
TRY AN ALTERNATE STRATEGY