

Procrastinators Anonymous

Signs of Compulsive Procrastination

1. Disappointment is a way of life. We constantly disappoint other people and ourselves by not keeping our promises.
2. We have enormous difficulty getting started on new projects, or transitioning from one project to another.
3. We have a very poor sense of time, chronically underestimating or overestimating how long a task will take us to complete.
4. We have difficulty organizing projects; we don't know where to start, even when we're willing to start.
5. Some of us are surrounded by clutter and disorganization in our homes and work spaces.
6. We are regularly late for appointments.
7. We are acutely aware of what we should be doing, or think we should be doing, and oddly out of touch with what we actually want and need.
8. We feel uncomfortable saying "no" to requests from others, and instead express our resentment through the passive resistance of procrastination.
9. We feel paralyzed, powerless to move forward though the task is critical and deadlines are looming.
10. We are short-term thinkers, tending to focus on short-term pleasure while ignoring long-term well-being.
11. We feel overwhelmed by the tasks before us, and escape the bad feeling by doing something else.
12. We do things in "least odious" order rather than priority order, so we run out of time for the most important tasks.