

## Identify Your Favorite Procrastination Beliefs

The following are common beliefs and misconceptions of procrastinators (Bliss, 1983). Identify your top two cop-outs for academics and write a challenge statement for each of them.

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| 1. It's unpleasant.                                | 15. I've got to tidy up first.                           |
| 2. It's not due yet.                               | 16. I need to sleep on it.                               |
| 3. I work better under pressure.                   | 17. I don't really know how to do it.                    |
| 4. It's too early in the day.                      | 18. There's a really good TV program on.                 |
| 5. It's too late in the day.                       | 19. As soon as I start, someone will probably interrupt. |
| 6. I don't have any papers with me.                | 20. It needs further study.                              |
| 7. It's difficult.                                 | 21. My horoscope indicates this is the wrong time.       |
| 8. I don't feel like doing it now.                 | 22. It's too nice of a day to spend doing that.          |
| 9. Waiting won't make much difference.             | 23. Before I start, I think I'll take a break.           |
| 10. I really mean to do it, but I keep forgetting. | 24. I'll do it as soon as I finish some simpler tasks.   |
| 11. I don't know where to begin.                   | 25. It's too late now, anyway.                           |
| 12. I'm too tired.                                 |  |
| 13. I'm too busy right now.                        |  |
| 14. It's boring.                                   |  |

**Example Cop-Out:** I work better under pressure.

**Challenge Statement:** "I fool myself in thinking that I do a good job when I wait until the last minute. The truth is I rush to find all the material I need, so I don't have time to review the draft and make necessary changes. My main concern is finishing the task rather than determining how I can do the best job."

**Cop-out #1:**

**Challenge Statement:**

**Cop-out #2:**

**Challenge Statement:**