

GENERAL PROCRASTINATION AREAS

Please complete the following statements:

- I always procrastinate when I have to _____

- I never procrastinate (like other people do) when I have to _____

- My partner is always nagging me to _____

- I am tired of _____
- I am losing a lot of money on _____
- Putting things off makes me feel _____

- The reasons I think I haven't stopped procrastinating are:
 1. _____
 2. _____
 3. _____
- *Procrastination has caused me trouble in terms of my:*
 - career friends/family romantic relationships financial matters
 - health creative work recreation self-esteem personal growth
 - academic activities fulfillment of my dreams other _____

NOTES: