**Identify Your Favorite Procrastination Beliefs**

The following is a list of common beliefs and misconceptions of procrastinators (Bliss, 1983). Identify your top *three* cop-outs and write a challenge statement for each of them.

1. We can get by a little longer as is.
2. I don’t really know how to do it.
3. There’s a really good TV program on.
4. As soon as I start, someone will probably interrupt.
5. As soon as I start, somebody will probably interrupt.
6. It needs further study.
7. My horoscope indicates this is the wrong time.
8. If I do it now, they’ll just givc me something else to do.
9. The weather’s lousy.
10. It’s too nice of a day to spend doing that.
11. Before I start, I think I’ll take a break.
12. I’ll do it as soon as I finish some preliminary tasks.
13. My biorhythms are out of sync.
14. The sooner I fall behind, the more time I’ll have to get caught up.
15. I’ll wait until the first of the year and make a New Year’s resolution.
16. It’s too late now, anyway.
17. It’s unpleasant.
18. It’s not due yet.
19. I work better under pressure.
20. Maybe it will take care of itself if I just don’t do anything.
21. It’s too early in the day.
22. It’s too late in the day.
23. I don’t have any papers with me.
24. It’s difficult.
25. I don’t feel like doing it now.
26. I have a headache.
27. Delay won’t make much difference.
28. It may be important, but it isn’t urgent.
29. It might hurt.
30. I really mean to do it, but I keep forgetting.
31. Somebody else may do it if I wait.
32. It might be embarrassing.
33. I don’t know where to begin.
34. I’m too tired.
35. I’m too busy right now.
36. It’s a boring job.
37. It might not work.
38. I’ve got to tidy up first.
39. I need to sleep on it.

**Example:** *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.”

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Cop-out #1:

Challenge Statement:

Cop-out #2:

Challenge Statement:

Cop-out #3:

Challenge Statement:

What strategies can you implement in your daily life to avoid procrastination?