

## — List Of Reasons Why You May Procrastinate —

Typical reasons for procrastination fall into three broad categories:

Resentment

Fear of Success

Fear of Failure

### **How Procrastination Expresses Resentment**

1 Taking away autonomy from people who think they are competent can cause procrastination due to resentment.

In the workplace, you may procrastinate when you feel your jobs doesn't allow enough autonomy, when you don't see the significance of what you're doing, when you don't get much feedback about your work, or when you feel frustrated, resentful, or bored with a task.

2 Some people procrastinate for the feeling of gaining control over the rules or requirements of others, such as requests to do household chores. These procrastinators might have grown up in situations that did not encourage control over their own lives. Is your procrastination a rebellious response to a lack of control?



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3 When a job is simply hard to do or progress is slow, you may procrastinate because you don't feel that the rewards are worth it. This refers to the immediate rewards, not rewards that will come in a month. Most people have trouble finding motivation from rewards that are far away.

4 Similar to #2, but refers to long-term goals. When hard work is motivated by a goal that's misaligned with their real interests, people will eventually develop a deep aversion to the work. For example:

A college major or a post-graduation job aspiration that doesn't match a student's real interests.

A job that conflicts with personal moral or ethical issues.

A job that does not satisfy certain needs a person expected from the job.

Do you see yourself in any of these causes of procrastination?



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### **How A Fear of Success Causes You To Procrastinate**

A fear of success typically happens because of one of three reasons:

1. You fear having to choose between advancement and friends.
2. You think continuing success may lead to future problems, like having to move or having to learn to do a new job.
3. You may not want success if it means more responsibility and more demands.

### **How A Fear of Failure Causes Procrastination**

Procrastination actually defends against the bad feeling of fear of failure by preventing you from facing your fear.

It is hard to notice when you are doing this, because when you procrastinate you often get away from bad feelings quickly, and a feeling of relief quickly follows.



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By the way, I hope you don't take the word 'fear' the wrong way. I'm not necessarily saying you are 'afraid' of anything. Another way to put it might be 'Aversion to Failure'. In this context, a fear is simply something you don't want.

A study from the journal of Sports Psychology in 2001 by Conroy listed 5 dimensions to the fear of failure. We will use them to break down the fear of failure.

Dimension 1: Fear of shame and embarrassment. Here are some examples of what you might experience: Rather than the work, you think about what others might think of you if something doesn't work out.

You focus on what you'll have to tell your family and friends if something doesn't work.

You're afraid to make mistakes

2 Devaluing your own ability

In your heart, you don't think you have the skill to do something to standard, or as well as somebody else. You constantly compare your work to others' work.



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You believe habits, talent and intelligence are completely inborn.

Dr. Richard Beery, a Psychologist from the University of California at Berkely, has observed that people who fear failure may also have the following assumptions:

You feel that what you produce is a direct reflection of how much ability you have

Your level of ability determines your worth as a person  
What you produce reflects your worth as a person.

You may then try to overcome this by procrastinating, since a product delivered at the last minute can't be a true assessment of your skill. You do this to hide your true skill from yourself and others.

### 3 Fear of an uncertain future

You find it hard to make decisions.

You have a general tendency to stay stuck on pause whenever you feel uncertain about doing something  
You overcomplicate the issue of where to start.

You try to work through every possible scenario before you start.



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You try to do it all yourself rather than delegate/outsource to others, because you can only be 100% confident in yourself. Therefore you get less done.

Your own goals and values are vague.

- 4 Fear of upsetting others who are important to you
- 5 Fear of those others losing interest

You think more about the things others are passionate about rather than what you are passionate about.

You constantly think of what certain others might think of your work.

You have trouble asserting yourself when others challenge your thinking, or you have trouble challenging others' thinking.

There are also several common causes of the fear of failure that are worth mentioning.

6 Being overextended may cause procrastination because it creates a fear of failure. Is what you're trying to accomplish humanly possible? Maybe you need to cut out your obligations.



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7 Perfectionist demands may trigger a fear of failure. A person who has inflated expectations is more likely to procrastinate. There are two types of perfectionists: The first are adaptive perfectionists, who perform to their high standards, and the second are called 'maladaptive perfectionists', who also have high standards, but are equally concerned with making mistakes.

Procrastinators are usually the second kind.

Ask yourself these questions:

- a. The better you get at something, do you eventually hope to become 'perfect', or do you hope that you'll reach some ideal?
- b. Would you feel more valuable as a person if you achieved this ideal?
- c. Is it important for you to produce something that is flawless?
- d. If what you produce might be less than the best, do you feel like its not worth trying?



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If you answered yes to any of these questions, you may have a little bit of perfectionism in you that is making you delay your work.

