
CHOICE POINT ANALYSIS: PROCRASTINATION VERSION

Becoming aware of your own patterns of feelings and thoughts at procrastination choice points can take some practice!

1. Choose a recent time you put off a task and it later caused problems for you. Why was the task important?

2. When you chose to avoid the task, where were you? What was going on?

3. When you thought about doing the task in the moment, how did you feel?

4. What thoughts went through your head?

5. What did you do *instead of* the task? What was the result or consequence?

6. Which of these aspects of the choice point seem important to remember for the future? What will help you recognize you're in a choice point? Are there any *red flag thoughts* (page 39) to be aware of?

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