

---

## 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?

---

---

From *Living Well with Adult ADHD* by Laura E. Knouse and Russell A. Barkley. Copyright © 2026 The Guilford Press. Permission to photocopy this material, or to download enlarged printable versions ([www.guilford.com/knouse-materials](http://www.guilford.com/knouse-materials)), is granted to purchasers of this book for personal use; see copyright page for details.