

Procrastination - Are You A Victim?

Written by DFCP News
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DiasporaFuneralCashPlan.com - For Your Dignity discusses a complex human behaviour, procrastination.

Remember, "Planning is bringing the future into the present so that you can do something about it now" (Alan Lakein)

Procrastination is a complex psychological behaviour of replacing high-priority actions with tasks of lower priority, or doing something from which one derives enjoyment, and thus putting off important tasks to a later time. With some it can be a minor problem; with others it is a source of considerable stress and anxiety.

Life is full of examples of failures resulting from leaving things for last minute. There are people who passed away or got involved in accidents whilst procrastinating about their insurance protection. If it's important make sure it's priority number one. This particularly important because none of us knows when it may happen.

Characteristics of Procrastination:

Low Self-Confidence - The procrastinator may struggle with feelings of low self-confidence and low self-esteem.

I'm Too Busy - Procrastination may be used to call attention to how busy he is. "Obviously I cannot do such and such because my affairs are so complicated and so demanding. That is why I am late, etc." The procrastinator may even spend considerable time justifying his reasons, time that could be spent doing the work.

Stubbornness - Procrastination may be used as an expression of stubbornness or pride: "Don't think you can push me around. I will do it when I'm good and ready."

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Manipulation - Procrastination may be used to control or manipulate the behaviour of others. "They cannot start if I am not there." Let's face it: deliberate delay drives others crazy.

Coping with Pressures - Procrastination is often truly difficult to eradicate since the delay behaviour has become a method of coping with day-to-day pressures and experiences. Obviously if one is cured, others will put new demands and expectations upon you. It's easier to have an excuse, to delay, to put off.

A Frustrated Victim - The procrastinator often feels like a victim: he cannot understand his behaviour or why he cannot get work done like others. The whole thing is a frustrating mystery. The reasons for his behaviour are hidden from him.

Benefits of Overcoming Procrastination:

What are the benefits of overcoming procrastination? Peace of mind, a feeling of strength and purpose, and healthy feeling of being in charge of your life.

While procrastination makes you feel weak, useless, and helpless, taking charge of your life will make you feel strong, competent, and capable. You will experience increased personal freedom!

Practice What You've Learned:

Think of one thing you are currently procrastinating in, and write it down like on the line below. It might be work-related or personal like taking a personal or family insurance protection you know you need.

Now write all the reasons for your delay. This may take five or ten minutes because some of

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them are really hidden from you. These reasons are the controlling influences. Write down as many as possible.

In the "Arguments Against Delay" column, argue against all the reasons for delay in a convincing manner. If you can argue against them successfully, you will be able to start the task.

I'm delaying on _____ because

Reasons for Delay

1. _____

2. _____

3. _____

4. _____

Arguments Against Delay

1. _____

2. _____

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3. _____

4. _____

Remember - Your Family, Your Protection, Your Responsibility!

Protect Your Family! □ Protect Yourself! □ □ Protect Your Dignity!