

Discover Your Procrastination Style

Answer yes or no for each question.

<p>1. Do you have difficulty completing a project because your own high standards haven't been met?</p>	<p>7. Do you become sulky, irritable, or argumentative when asked to do a task you don't want to do?</p>
<p>2. Do you get preoccupied with rules, details, or schedules that others don't seem to care much about?</p>	<p>8. Do you take offense at suggestions from others regarding how you could be more productive?</p>
<p>3. Do you think a lot about things you want to accomplish, but rarely get them off the ground?</p>	<p>9. Do you ignore deadlines, then at the last-minute work frantically to get things done?</p>
<p>4. Do you wait for opportunities to fall in your lap rather than make an active "go get 'em" approach?</p>	<p>10. Do you enjoy or take pride in taking risks or living on the edge?</p>
<p>5. Do you paralyze yourself before starting a project, worrying so much about the "what ifs" that you are too anxious to start?</p>	<p>11. Do you have difficulty saying 'no' to other's requests, then feel resentful when it's time to do them?</p>
<p>6. Do you hesitate to leave your comfort zone, avoiding situations that might cause stress or anxiety?</p>	<p>12. Do you run around doing things, without feeling that you're accomplishing very much?</p>

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Add up each yes and no. You can have multiple procrastination styles.

Both “Yes”	Style	Description
Q: 1 & 2	Defiers	Difficulty with authority makes them resent and resist doing tasks
Q: 3 & 4	Worriers	Afraid of change and worry about the “what ifs”
Q: 5 & 6	Dreamers	Hate dealing with bothersome details
Q: 7 & 8	Overdoers	Have too much on their plate, don’t prioritize, difficulty doing it all
Q: 9 & 10	Perfectionist	Want everything to be perfect
Q: 11 & 12	Crisis-Makers	Love living on the edge and only feel motivated last-minute

Does your child need help

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