

## **PROCRASTINATION: How to Overcome Procrastination**

If you listen to your own inner dialogue, have you ever noticed that choice is more often than NOT simply an issue of to work or NOT!? That is, there really are only two choices: (1) do some difficult task; (2) take the easy way out.

It is NOT surprising then that you have many strategies to take the easy way out such as: (1) refuse to choose; (2) paralysis by analysis; (3) wait for the perfect time; (4) wait till you are sure or have all the information; (5) procrastinate. Therefore, your imagined inability to decide, need for more time, need for more information, need for security, fear of risk, insecurity, problem with procrastination, etc., are just excuses to avoid work.

Since you do NOT want to admit to yourself the plain truth: you are lazy. You make all kinds of excuses. Instead, face the fact of human weakness and work against it. The avoidance of decision-making or working is taking the easy way out, is laziness, indolence.

Procrastination is just one more way you have of acting out your discomfort intolerance. The work will make you uncomfortable, so you avoid doing it by procrastinating. The work may involve one or both types of pain: (1) discomfort, work, effort, or the pain to overcome laziness, which is inertia; (2) ego pain or the shame of having to face one's inadequacies. Get to work and get the job done by increasing your physical and ego discomfort tolerance. "I can stand it and I will do it." "This won't kill me or make me anything bad."