



## OVERCOMING PROCRASTINATION – TEMPLATE 2

In CBT we use rationality and disputation to work through unhelpful unconscious belief systems and assumptions. So this Template is designed to help you rationalise your procrastination excuses and underlying fears and enable you to move forward to your goals. Please note, that many people often need additional help to work through deep seated issues. So if you are finding it difficult to crack this on your own, you are one of the majority and I would urge you to seek assistance from a CBT qualified professional.

<b>What is my goal?</b> I.e. What are you trying to achieve?	
<b>What are my excuses?</b> Review your previous template work	
<b>What is my real fear here?</b>	
<b>What conclusion am I really assuming by procrastinating?</b>	
<b>Complete the disputation questions (see below)</b>	
<b>What is a more helpful conclusion?</b> E.g. Even though I am tired, I can still do take a step towards my goal	

## Disputation Questions

In order to dissolve our unhelpful assumptions and beliefs systems, we need to identify whether or not they are true. Remember we develop unhelpful assumptions and beliefs systems when we are children when we have a very different view of the world. This is why many of these belief systems are unhelpful as adults!

When thinking through these questions, watch for the automatic thoughts (the quick thoughts that dash through your head immediately). These thoughts are the real answers to these questions. The more you think about it the more you are likely to fool yourself, so have your pen at the ready and answer these questions quickly. Be focused on accessing those automatic thoughts.

- Where did the unhelpful belief, assumptions or conclusions come from?
- How has these unhelpful beliefs/conclusions prevented you from achieving things previously?
- What are the negative consequences of this behaviour?
- What are the positive consequences of changing this behaviour?
  
- What is the actual evidence that it is better for me to delay putting of this task or goal?
- When in the past have I gained real outcomes from delaying tasks?
- What is the real truth here?
- Is it really true that this goal is beneficial to me? If so, how specifically?
- What is the evidence that is better for me to start this task or goal right now?
- Is it really true that I cannot do one small step/task towards this task or goal right now?
- Is it really true that putting off this task will help me more than taking action now?
- If I do start now, what would I do?
- If I do start now, what might happen? How might I feel?
- If I don't start now, what might happen? How might I feel?