What Are The Major Disadvantages of Procrastination?

By Jason Hobbs | Submitted On April 03, 2008

Of course, procrastination affects an individual's time, probably causing to delay or put off something which are previously planned. Because of procrastination people often delay the tasks or assignments that might likely be done earlier. The anxiety of delaying or putting off something can also reflect on an individual's mind and may affect attention and concentration. It considerably waste an individual's significant time, if there is something supposed to perform. In respect of school, the reply to the inquiry of "what are the disadvantages of procrastination" could be like, numerous restless nights attempting to get an assignment completed or even missing the deadlines and bringing a failure rating. In respect of workplace, the reply would be missed cut-off date and bad critiques with regards to the performance.

Due to Procrastination, people can get lots of drawbacks in their life. Mainly, it lowers their self-esteem, as they feel bad at the end of the day when haven't done anything.

Some Significant Disadvantages of the Procrastination:

The quest of what are the disadvantages of procrastination mainly focuses on the procrastination drawbacks. Some of the disadvantages of procrastination are such as, it prevents individuals from reaching their objectives and goals, it furnishes a sense of discomfort, it is a symbol of laziness, and it keeps the things accumulating. Along with them, it keeps an individual to stuck in problem and prevent from moving ahead in life, people find difficult to focus on performing other chores till they have finished the one in hand.

- Waste of time: Wastage of time is considered to be the most likely answer to the question of the "What are the disadvantages of procrastination". Due to procrastination, many people waste their time unnecessarily. They tend to postpone their activity, thinking that it can be accomplished after some time, but in reality that time will never comes.
- Missing of deadlines: Due to procrastination habits, individual deadlines can be missed. They may keep certain deadlines for their projects and due to laziness, they won't follow up.

Thus, people need to understand "What are the disadvantages of procrastination", so as to realize the difficulty and annoyance caused by it.

Overview:

However, procrastination too has some advantages such as, people can have time for doing other things, they can rest, they may prioritize other chores, they can avoid thinking regarding difficult issues, people do not have to confuse regarding the tasks furnished and so on. Nevertheless, People need to consider more about the things to be furnished and "What are the disadvantages of procrastination" rather considering the advantages, because the advantages of the procrastination are the sign of indolence, which pull the people from progressing in their life. Often, people consider it is bad to procrastinate, but owing to stress they fall prey to procrastination.

If you would like to learn more about Procrastination and receive a FREE Newsletter on the subject visit the authors site http://www.procrastinationadvice.com

Article Source: http://EzineArticles.com/?expert=Jason_Hobbs
Psychology of Procrastination

By Joshua Howard | Submitted On May 23, 2013

The psychology of procrastination honestly like most psychology isn't that complicated. Since I'm a stuffy academic, I could prattle on about it ad infinitum; however, I'm not going to. Instead, I'm going to offer the psychology of procrastination in such a way that you can take immediate action on what you're doing.

To begin with, I'd like you to consider that the steps you take to do a task performatively constitute it, which is to say that what you experience as the state of procrastination is not what drives you to procrastinate, but created by procrastinating. Therefore, if you can stop yourself in the process, then you can stop the process itself.

Before you think this is a crazy circle, let me offer a simple example you may be able to relate to. I have a tendency to put off my term papers until right before they're due. As such, I very often end up writing just okay papers because I write them in six to ten hours before they're due--a mistake for sure.

In other words, once I get the paper assignment, I put it off. Then, when I think about writing it, it pains me--so, I do something else "equally important" (I get so much work done during the school year for this reason--!). After I do all the other tasks to be done, then I'll try to come back to the paper; however, by then, I'm burnt out and my back hurts from all the writing I've done. So, the paper gets put off until it's due so soon that there's nothing else I can do... usually within 12 hours.

And on the normal reading of procrastination and life in general, I'd be a me-thing who wants to complete a task (writing the paper), but is hindered by this state of procrastination (read: the belief that it's really the fault of how I feel that I procrastinate); however, that's not how it is at all. In every moment, I'm the being procrastinating and it's not that I want to do something, but am hindered by a feeling of procrastination--I am the hindering itself.

The feeling of procrastination itself, therefore, arises from the doing of procrastination. This is why the more you procrastinate (or do anything) the worse it gets. If rather than put off the paper any of those times, I'd just gotten to work instead, I'd have written a far better paper.

So, to stop this, you need to figure out why you procrastinate. If you know the root cause of it in your everyday behavior, then you can dropkick it from your everyday behavior. And this is the most important lesson of all in the psychology of procrastination: why you procrastinate is the key to finding a new way to be in those situations.

To tie this all together, let's run through a couple reasons people procrastinate. Some people procrastinate because they're overworked. In this case, they consistently take on more tasks then they can handle (step 1). Then, they try to do all of them (step 2). Doing this, they work themselves to the bone (step 3). As this happens, they get more and more burnt out (step 4), until their minds just can't take it anymore (step 5). And that's procrastination. If this is you, then you can stop it by not taking on more tasks then you can handle and taking more breaks. You very likely take on more tasks than you can for a reason like you want to help your friends, you really want to change your life, you're a workaholic, etc. Figure out what this is and satisfy that elsewhere or if it's destructive like you help your friends so much it harms your success, then remind yourself of that when you bite off more than you can chew.

Fear of failure is another common reason people procrastinate. They're so afraid they're going to fail that they can't do the task. Usually, they diligently try to do things; however, they're bombarded with images and sounds of people rejecting and mocking them or things blowing up in their face. The more they try to think about doing the task at hand, the more it slips away from them. Sadly, what these people neglect to
imagine is that wasting time like that is why they fail--and if they were to try, then they actually would have the option of success. But it's really never just that easy: this fear sits on a larger issue, a belief structure that focuses on failure and destruction rather than growth and learning. If you start working on that, you have no idea what you'll accomplish.

By the way, would you like to learn more about time management? Then, download my free guide How to Manage Your Time [http://overcomingnegativity.com/sp/tm1/sp1.html?utm_source=ezine&utm_medium=article&utm_campaign=TM1].

Though, you may also be interested in reading my blog post about how to avoid procrastination [http://overcomingnegativity.com/blog/avoid-procrastination/?utm_source=ezine&utm_medium=article&utm_campaign=TM1].

Article Source: http://EzineArticles.com/?expert=Joshua_Howard
Chronic Procrastination = A Disappointing Life

By Kara Lane  |  Submitted On June 26, 2011

Everyone procrastinates sometimes. We start doing this as children. If a child doesn't want to go to bed, what do they do? Tell you they need a drink of water, or they have to go to the bathroom, or they need to tell you something first. All are just forms of procrastination to avoid doing what they don't want to do - go to bed.

For children, this is usually relatively harmless. A parent will usually allow a few excuses but then insist the child go to bed, recognizing that children need to get plenty of sleep. But what happens when we become adults? Then there is no parent there to insist we do what is in our best interest. We must then self-regulate our behavior.

Procrastinating from time to time is not a big deal. I know when I am not motivated to jump right into a project, I will tell myself I'm just going to run down to Starbucks and get my Grande Mocha, and then I'll get right to work. And usually, I do.

The problem occurs when procrastination becomes chronic. When we continue to put off something we know we need to address, then stress and guilt start to kick in. We can even become depressed. Not only do we not get the payoff that would come from taking action, but we negatively impact our self-esteem. It's hard to feel good about ourselves when we avoid doing the things we know we most need to do. If we continue to procrastinate, especially in the areas of our life that are most important to us, we resign ourselves to a disappointing life. To live our best life, we need to overcome procrastination.

Here are some common reasons we procrastinate:

- Perfectionism: Until I can do it perfectly, I'd rather not even get started.
- Lack of self-confidence: I'm probably going to fail anyway, so why even bother starting?
- Feeling overwhelmed by the enormity of the task: It's too hard; maybe I'll start tomorrow.
- Boredom: I don't want to do it; I'd rather go do something else.

Think of an area of your life where you have been procrastinating. It could be related to your health, your work, your finances, your relationships, or any other area where you have been putting off doing something you know you need to do. Do any of the reasons above apply to why you are procrastinating? If not, what is your reason? Awareness is the first step in changing our behaviors, so take the time to figure out why you are procrastinating.

Next, write down all the benefits that will come if you stop procrastinating and take action. For example, if you've been procrastinating on losing weight, write down all the benefits you'll receive if you lose weight. Don't just include general comments, like I'll look and feel better. Those are too vague to really motivate you. Go further and include specific benefits like, my husband will think I'm hot, I'll be able to fulfill my dream of running in a mini-marathon, and I'll have the energy to play with my kids or grandkids. Paint a vivid picture of the benefits of taking action.

Then, write down all the consequences of continuing to procrastinate. Again, be very specific. Paint a really terrible picture of the worst-case scenario. If you've been procrastinating about spending less and saving more, think of someone who is in dire straits financially. Put yourself in their shoes and feel the same emotional pain they are going through. Resolve to do whatever it takes to avoid ending up in the same situation.
After that, study your own behavior to find out your particular form of procrastination, so you can come up with ways to counter it. For example, I love to read in the morning while I'm having my coffee, but often I would use that as a way to put off exercising. I would tell myself I'd just read one more chapter and then go exercise...and then I'd conveniently run out of time. My solution was to create an "A.M. ritual" that includes reading as I exercise on my stationary bike.

Finally, stop procrastinating and start taking action. Start small. It's a lot easier to make progress toward your goal if you break it down into smaller tasks. For example, if you're overweight, don't get hung up on losing 50 pounds; that's overwhelming. Instead, tell yourself, "Today, I'm going to go home and have a turkey sandwich rather than stopping at McDonald's after work." Then tomorrow, set another goal that helps you move in the direction you want to go. Resolve to take some action every day, and eventually you'll get to where you want to go.

**To recap, you can overcome procrastination by following these 5 steps:**

1. Become aware of your reason for procrastinating.
2. Write down the benefits you'll realize if you stop procrastinating.
3. Write down the consequences if you don't stop procrastinating.
4. Study your behavior to identify and counter your particular form of procrastination.
5. Overcome procrastination by taking small, consistent action steps towards your goal.

If you ever want to achieve your dream life, you'll have to stop procrastinating and take action to achieve your goals. Benjamin Franklin once noted, "You may delay, but time will not." Don't let time run out on you...stop procrastinating and start living your best life today.

© Kara Lane, Champions of Powerful Living. All rights reserved.

Kara Lane is the author of "Wake Up to Powerful Living: 12 Principles to Transform Your Life!" She is also the founder of Champions of Powerful Living; a company she created with her husband to help people live their best life and realize their full potential. If you're looking for a little help with your personal growth, visit [http://championsofpowerfulliving.com/](http://championsofpowerfulliving.com/)

Article Source: [http://EzineArticles.com/?expert=Kara_Lane](http://EzineArticles.com/?expert=Kara_Lane)
When is Tomorrow?

By Dr. Linda Sapadin

For many of us, tomorrow is not the day after today. We may tell ourselves we'll start the diet tomorrow, clean up our mess tomorrow, finally have that tough talk with 'you know who' tomorrow. But if you're a hard core procrastinator, tomorrow is never the day after today. It's a day in the distant future, or perhaps even one that never arrives.

Sure, you have your excuses. There's always so much to do. There are never enough hours in the day. Just yesterday, you didn't even have time to pierce the plastic film before placing the lasagna in the microwave.

But what if things could be different? What if you really could manage your time more efficiently?

What if you could have the best of both worlds: doing what you want to do AND doing what you need to do to make your life work more smoothly?

An example: it's almost April 15th. You have less than a week until your taxes are due. You hate doing taxes. (Know anybody who likes doing them?) You finally sit down with your pile of papers ready to organize your stuff.

Five minutes into your organization work, you're feeling bored. Then you hear that voice in your head reminding you that American Idol is on TV soon. The little red demon sitting on your left shoulder has piped up demanding that you satisfy this momentary impulse. 'You deserve it', it chants. 'You only live once. You can get to this tax stuff tomorrow'.

Yes, that ubiquitous tomorrow! It always seems to be a ready 'out'. So, what should you do? You do want to watch your program. Why should you give it up for doing something you dislike?

In such a quandary, you're likely to think that there are two ways to solve this dilemma - buckle down and do what you 'should' be doing or enjoy life and do what you 'feel' like doing?

Sorry, you're wrong. There are more than two ways of dealing with almost any problem. Expand your options. You can take care what you 'should' be doing AND what you 'feel' like doing.

What it requires is a mental shift from EITHER-OR thinking to AND-BOTH thinking. Such a shift can not only improve your decision making but enhance your life in many unanticipated areas.
Here's one easy solution to the above quandary: tape American Idol AND work an hour on organizing your tax papers. This will result in two immediate rewards: making progress on your tax task AND fast forwarding through a gazillion commercials that just annoy you anyway.

Or to enhance this solution, work on your taxes for 30 minutes, then get physical. How about a few stretches followed by a few sit-ups ending with a few jumping jacks? Then return to your taxes for another 30 minutes. Finally, reward yourself with the taped version of American Idol. Do the same thing tomorrow night - the real tomorrow - and before you know it, you'll have your onerous tax task done.

Why throw physical exercises into the mix? Don't you have enough to do?

There is a good reason for it. Physical activity will give you a second wind as well as stimulate the production of proteins which encourages the growth of neurons linked to long-term memory.

Yes, it's true: this one-two punch of physical and mental activity is good for your brain, good for your body AND possibly good for your wallet. According to the IRS, most taxpayers who file late are actually entitled to refunds. Now wouldn't extra money be a nice benefit to making tomorrow come - quite literally, tomorrow.

Copyright 2009

LINDA SAPADIN, PH.D.
DrSapadin@aol.com
http://www.PsychWisdom.com

Dr. Sapadin is a clinical psychologist, author, columnist, educator and motivational speaker. Her expertise is teaching people how to master debilitating fear, anxiety, procrastination and other self-defeating patterns of behavior. She also specializes in enriching relationships and enhancing self-confidence.