

The Therapist's Ultimate Solution Book

Handout 5.5: Procrastination Log #1

Using Handout 5.6 as a model, use this form to help you overcome procrastination and take action!

Something I Am Procrastinating On	
Negative Emotions	Positive Emotions
Strength of Negative Emotions	Strength of Positive Emotions
_____ 1 2 3 4 5 6 7 8 9 10 Low High	_____ 1 2 3 4 5 6 7 8 9 10 Low High
Identify Negative Beliefs	Challenge With Positive Beliefs
Type of Thinking Error	Healthier Thought
Certainty of Your Beliefs	Certainty of Your Beliefs
_____ 1 2 3 4 5 6 7 8 9 10 Low High	_____ 1 2 3 4 5 6 7 8 9 10 Low High
Unhealthy Reactions	Healthy Reactions
Cost/Benefit Analysis: Unhealthy Coping	Cost/Benefit Analysis: Healthy Coping
My Conclusions and Goals	