

The Therapist's Ultimate Solution Book

Handout 5.6: Procrastination Log #2

Date: _____

1. Procrastination example

2. Emotional responses

3. Degree of negative stress LOW 1 2 3 4 5 6 7 8 9 10 HIGH

4. Unhealthy thoughts

Certainty of beliefs LOW 1 2 3 4 5 6 7 8 9 10 HIGH

5. Type of thinking distortion

6. Healthy thoughts

Certainty of beliefs LOW 1 2 3 4 5 6 7 8 9 10 HIGH

7. Unhealthy reactions

8. Healthy reactions

The Procrastination Solution

9. My overall values that I am committed to

10. Specific Smart Goals I am setting

11. Example of the TIC TOC approach

12. Costs/benefits of my healthy and unhealthy thinking

13. Goal for overcoming procrastination
