**NEGATIVE OUTCOME**

*Reinforces procrastination by lowered confidence in ability to fulfil tasks*

**ANXIETY INCREASES**

***(As deadline reduces)***

**SELF-CRITICISM & RUMINATION**

**NEGATIVE PREDICTION OF OUTCOME**

***(Images and Internal Dialogue/ Meaning of Images)***

**AVOIDANT BEHAVIOUR**

**TASK ORIENTATED BELIEFS**

**BIOPSYCHOSOCIAL FACTORS**

**REDUCES CONFIDENCE & MOTIVATION**

**ACTION**

**POSITIVE OUTCOME**

*Reinforces procrastination by association that this working method is helpful*

**INCREASES**