PossibilitiesUnlimited

Procrastination Formulation

BIOPSYCHOSOCIAL FACTORS

↓

TASK ORIENTATED BELIEFS

↓

NEGATIVE PREDICTION OF OUTCOME
(Images and Internal Dialogue/ Meaning of Images)

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AVOIDANT BEHAVIOUR

REDUCES CONFIDENCE & MOTIVATION

INCREASES

SELF-CRITICISM & RUMINATION

↓

ANXIETY INCREASES
(As deadline reduces)

↓

ACTION

NEGATIVE OUTCOME
Reinforces procrastination by lowered confidence in ability to fulfil tasks

POSITIVE OUTCOME
Reinforces procrastination by association that this working method is helpful

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