



# Procrastination Treatment Plan

Possibilities Unlimited

**Info gathering**  
Parental Influences, Role Models, Friends, School, Financial, Health, Accommodation, Family, Culture, Religion  
**Psycho-education**  
Epigenetics, Predisposition, Personality

**Info gathering and assimilation**  
How past impacts upon beliefs about self, work, future, others etc

**Psycho-education**  
How self-criticism does not serve function of self-correction, but increases avoidant behaviour

**Anxiety Management**  
Distress Tolerance, Mindfulness, 7/11 etc

**Info gathering**  
When action is taken, what resources is client using to do this

**BIOPSYCHOSOCIAL FACTORS**

**TASK ORIENTATED BELIEFS**

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

**AVOIDANT BEHAVIOUR**

**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*

**Info gathering**  
What runs through mind when approaching or ruminating about task

**Challenge Beliefs + Predictions**  
Guided Discovery, Behavioural Experiments, Cognitive Restructuring, Continuum

**Confront**  
Behavioural Activation, Graded Exposure, Planning & Goal Setting

**Self-compassion**  
Forgiveness, Cognitive Restructuring, Challenge Conditional Assumptions, Planning & Goal Setting

**Psycho-education**  
Breaking the Pygmalion effect of procrastination

REDUCES CONFIDENCE & MOTIVATION

INCREASES

