



# Dr. K's Guide to Mental Health

ADHD Module | Procrastination | Worksheet

## **Idealistic Procrastination**

### **Ego**

What part of your ego are you protecting?

.....

What would it mean if you failed?

.....

### **Perfectionism**

What does it mean for your identity if you were perfect?

.....

What makes that important to you?

.....

## **Avoidance Procrastination**

### **Emotional Awareness**

What is it that you are avoiding? Why are you procrastinating?

.....

What keeps you from going through with the action?

.....

What would it feel like emotionally if you experienced the thing you are procrastinating?  
What emotion is your brain trying to protect you from?

.....

What is it like avoiding that emotion?

.....





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## Operational Procrastination

### Starting from the "Final Step"

Think about the goal you are trying to achieve. Starting from the final step to achieve the goal, list out actions in reverse-chronological order of what it would take to get there.

### Break down the steps

For the task you are procrastinating, break down the steps down into individual components that you can execute in small bite sized pieces you can do in a day.



GOAL

### Steps it will take to achieve goal

1

2

3

4

5

6

7

8

9

10



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