

Examples of avoidance behaviour as a result of negative predictions about not meeting standards

Negative predictions	Avoidance behaviour
'I will fail the exam'	Do not sit the exam
'I will not host a good dinner party'	Never invite friends for dinner
'I will not look good tonight'	Do not go out to a party
'I will not have a perfectly clean house'	Never invite friends around for coffee
'I will not play my music perfectly'	Never play violin in front of people
'I will never get a promotion'	Do not approach boss about career prospects
'I will have gained weight'	Do not weigh self

Questions to help detect thoughts about procrastination

1. Do you think it will take such a long time to complete a task that you would rather put it off as you know it will take too long?
2. Do you leave things until the last minute (e.g. write an assignment the night before it is due) so that you will have an excuse if you do not do well?
3. Would you rather delay starting a task than face not doing well?
4. Do you delay getting started on a task because you think you will feel very anxious or overwhelmed when doing it?