FACT SHEET

# Not All Procrastination Is the Same

The visible problem is 'not starting.' The reason can be very different.

### You may not start because...

- You do not know where to begin - the task needs a clearer first step.
- The task feels too big - there may be too many steps to hold in mind.
- You forgot - this may be a remembering problem, not a motivation problem.
- It feels like it will take forever - the time is unclear.

### Or because...

- It is boring or repetitive.
- You are afraid of doing it badly.
- You are overwhelmed.
- The payoff feels too far away.
- You are already doing something else and switching is hard.

### Why this distinction helps

Two people can avoid the same task for completely different reasons. The same person can also avoid different tasks for different reasons.

A strategy for boredom will not necessarily help perfectionism. A reminder will not solve an unclear first step.

### Before adding another strategy

**Why am I not starting this particular task?**

Then match the support to the reason.

**Procrastination describes what happened. It does not explain why it happened.**