

## Procrastination Self-Assessment

Procrastination shows up in different ways for different people. For some, it means putting things off until the last minute. For others, it might look like overcommitting, getting stuck in overthinking, or feeling overwhelmed by where to begin. This self-assessment will help you explore your own habits and uncover what might be keeping you from getting things done. The goal here is reflection and self-awareness—not judgment.

As you go through the statements below, respond to each one based on how often it feels true for you. Then, write the letter that best matches your experience:

- **F** for Frequently
- **S** for Sometimes
- **R** for Rarely

After you complete each set of ten questions, count how many times you wrote F and multiply that number by 2. Write the sum in the space labeled “Fx2 subtotal:\_\_\_\_\_.” Then count how many times you wrote S. Write the sum in the space labeled “S subtotal \_\_\_\_\_.” You do not need to do anything with the “R” responses—those do not count toward your score. Add those two numbers together to get your total score for that section. Write that amount in the section labeled “Section Total \_\_\_\_\_.”

Once you have finished all six parts of the assessment, you will fill in a table at the end with your total scores for each quiz.

Take your time, be honest with yourself, and use this as an opportunity to better understand how you operate and how you might want to grow.

Adapted from Sapadin and Maguire (1999)

### Part One

**Fill in how often each statement feels true for you: R for Rarely - S for Sometimes - F for Frequently**

- |  |                          |
|--|--------------------------|
| 1. You often feel like your work is not good enough, even after putting in a lot of time?                | <input type="checkbox"/> |
| 2. Do you avoid starting tasks because you feel unsure your standards can be met?                        | <input type="checkbox"/> |
| 3. Do you get frustrated with yourself for not completing things perfectly or quickly enough?            | <input type="checkbox"/> |
| 4. Do you feel embarrassed by your mistakes or hesitate to share past failures with others?              | <input type="checkbox"/> |
| 5. Do you struggle to hand off tasks because you think others will not do them “right”?                  | <input type="checkbox"/> |
| 6. Do you find it hard to relax or joke around when learning something new?                              | <input type="checkbox"/> |
| 7. Do you often feel like things must be done a certain way or not at all?                               | <input type="checkbox"/> |
| 8. Do you get caught up in rules, routines, or fine details that others seem to overlook?                | <input type="checkbox"/> |
| 9. Do you compare yourself to others and feel defeated if you do not measure up?                         | <input type="checkbox"/> |
| 10. Do you have trouble seeing the gray areas in situations, focusing mostly on right or wrong outcomes? | <input type="checkbox"/> |

**Find your totals for this section: S: \_\_\_\_\_ Fx2: \_\_\_\_\_ Total for section (Fx2+S): \_\_\_\_\_**

## **Part Two**

**Fill in how often each statement feels true for you: R for Rarely - S for Sometimes - F for Frequently**

1. Do you spend more time thinking about big ideas than actually working on them? ☐
2. Do you often say things like, "I'll get to it eventually" or "I hope to do that someday"?
3. Do you get caught up in imagining how great the result will be, but not focus on the steps to get there?
4. Do you prefer not to deal with tasks that involve boring or detailed work?
5. Do you often hope that things will work themselves out without your active involvement?
6. Do you drift into passive activities like scrolling, daydreaming, or just hanging out instead of getting started?
7. Do you sometimes forget your plans or skip tasks because something more fun came up?
8. Do you wish someone else could take care of life's annoying tasks so you could focus on what inspires you?
9. Do people sometimes say you seem out of touch or always thinking about the future?
10. Do you hold high hopes for yourself but rarely see those results show up?

**Find your totals for this section: S: \_\_\_\_\_ Fx2: \_\_\_\_\_ Total for section (Fx2 + S): \_\_\_\_\_**

## **Part Three**

**Fill in how often each statement feels true for you: R for Rarely - S for Sometimes - F for Frequently**

1. Do you often go back and forth about what to do because you're unsure of the right choice?
2. Do you wait to get reassurance from others before making decisions or starting tasks?
3. Do you hesitate to begin something new because you worry you cannot do it well enough?
4. Do you feel overwhelmed by responsibilities and doubt your ability to manage them?
5. Do you avoid new or uncertain situations because they make you feel anxious?
6. Do unexpected changes to your routine cause you stress or discomfort?
7. Do you put off tasks because you imagine the worst-case scenario?
8. Do you tend to underestimate your ability to handle challenges?
9. Do you wish someone would guide you step by step when you face something difficult?
10. Do you often choose comfort or safety over progress, even if you feel stuck?

**Find your totals for this section: S: \_\_\_\_\_ Fx2: \_\_\_\_\_ Total for section (Fx2+S): \_\_\_\_\_**

## **Part Four**

**Fill in how often each statement feels true for you: R for Rarely - S for Sometimes - F for Frequently**

1. Do you wait until the very last minute and then rush through tasks in a panic?
2. Do you find that your days often feel unpredictable or chaotic?
3. Do your emotions shift quickly and strongly in response to situations?
4. Do you lose patience easily and show your frustration openly?
5. Do you act in bold or attention-grabbing ways that others notice?
6. Do you tend to go with whatever is happening around you instead of sticking to a plan?
7. Do you get a thrill out of taking risks or doing things in intense situations?
8. Do you throw yourself into things deeply, then suddenly drop them and move on?
9. Do you see your life as full of drama or surprises, like a story worth telling?
10. Do you dislike routines or slow processes and prefer fast-paced action?


**Find your totals for this section: S: \_\_\_\_\_ Fx2: \_\_\_\_\_ Total for section (Fx2 + S): \_\_\_\_\_**

## **Part Five**

**Fill in how often each statement feels true for you: R for Rarely - S for Sometimes - F for Frequently**

1. Do you push back, argue, or get sarcastic when someone gives you a task you do not want to do?
2. Do you sometimes put in low effort just to show your resistance to a task?
3. Do you feel like people are constantly expecting too much from you?
4. Do you drag your feet or conveniently "forget" responsibilities you do not like?
5. Do you feel annoyed or controlled when people ask why you have not done something?
6. Do you often think you are doing just fine even if others disagree or want more from you?
7. Do you dislike receiving suggestions or feedback about how you could do something differently?
8. Do others complain that you do not do your fair share or that your work is late or sloppy?
9. Do you mock or resent those who are in charge or who give directions?
10. Do you resist being told what to do even if it is something you agree with?


**Find your totals for this section: S: \_\_\_\_\_ Fx2: \_\_\_\_\_ Total for section (Fx2+S): \_\_\_\_\_**

## **Part Six**

Fill in how often each statement feels true for you: R for Rarely - S for Sometimes - F for Frequently

1. Do you keep yourself busy but often feel like you are not making real progress? ☐
2. Do you say yes to too many things and later feel stretched too thin or resentful? ☐
3. Do you ask yourself, "Why did I agree to do this?" while you are stuck doing something draining? ☐
4. Do you avoid asking for help because you want to handle everything yourself? ☐
5. Do you constantly talk about how busy or overwhelmed you are? ☐
6. When you have free time, do you avoid catching up and instead take on new tasks? ☐
7. Do you spend more time helping others than taking care of your own priorities? ☐
8. Do others rely on you to always be available, even when you are already overwhelmed? ☐
9. Do you thrive on being in motion, even when it leads to burnout? ☐
10. Do you feel unsure how to rest or slow down without guilt or discomfort? ☐

Find your totals for this section: S: \_\_\_\_\_ Fx2: \_\_\_\_\_ Total for section (Fx2 + S): \_\_\_\_\_

## **Score Totals**

Section	Section Total	Procrastinator Type
One		Perfectionist Procrastinator
Two		Dreamer Procrastinator
Three		Worrier Procrastinator
Four		Crisis-Maker Procrastinator
Five		Defier Procrastinator
Six		Overdoer Procrastinator

**Highest Total** = Your Procrastinator Type = \_\_\_\_\_

**READ ABOUT YOUR PROCRASTINATION TYPE ON THE FOLLOWING PAGES.**

## Perfectionist Procrastinator

### What it is:

Perfectionist procrastinators delay tasks because they feel the need to do everything exactly right. Fear of making mistakes, being judged, or not meeting personal standards can make starting or finishing tasks feel overwhelming.

### How to recognize it:

- You often spend too much time on one assignment trying to make it perfect.
- You delay getting started because you feel like you're not fully ready.
- You hesitate to turn things in unless they meet your ideal standards.
- You're highly self-critical and compare yourself to others.

### How to overcome it:

- Set time limits. Give yourself a specific amount of time to complete a task—even if it's not perfect.
- Focus on progress, not perfection. Try saying “done is better than perfect” when you feel stuck.
- Start small. Begin with just 10 minutes of focused work to build momentum.
- Shift your mindset. Remind yourself that mistakes are part of learning, not a sign of failure.
- Turn in drafts. If your class allows it, submit rough versions for feedback instead of trying to perfect everything alone.

## Dreamer Procrastinator

### What it is:

Dreamer procrastinators are full of ideas but struggle to follow through with action. They love imagining success but often dislike the step-by-step work required to reach it.

### How to recognize it:

- You frequently say “I’ll get to it later” or “I’ll do it when I feel inspired.”
- You enjoy thinking about goals but avoid the details.
- You lose time in daydreams, social media, or passive activities.
- You often leave things half-started or never started at all.

### How to overcome it:

- Break down goals. Divide large tasks into simple, clear steps with deadlines.
- Use a planner. Keep a visible to-do list so tasks don't get lost in your head.
- Pair work with movement. Set a timer, do a small task, and then take a quick break or stretch.
- Use accountability. Share your goals with a friend or study group to stay on track.
- Visualize the steps. Don't just picture the end goal—imagine each action it takes to get there.

## Worrier Procrastinator

### What it is:

Worrier procrastinators avoid tasks because they're anxious about doing them wrong, making the wrong choice, or handling unexpected challenges. The fear of failure—or even success—can lead to feeling stuck.

### How to recognize it:

- You often doubt yourself and wait for reassurance before acting.
- You overthink possible problems instead of starting.
- You avoid new experiences that might be uncomfortable or unpredictable.
- You feel paralyzed by “what if” thinking.

### How to overcome it:

- Take one small step. Action helps interrupt anxious overthinking.
- Challenge your thoughts. Ask, “Is this fear realistic or helpful?”
- Seek support. Talk to a professor, peer mentor, or counselor when doubt creeps in.
- Use checklists. Concrete lists help reduce mental clutter and increase confidence.
- Practice self-kindness. Remember that it's okay to learn as you go and make mistakes.

## **Crisis-Maker Procrastinator**

### What it is:

Crisis-makers wait until the last possible moment to do tasks, often relying on adrenaline and pressure to get them through. This habit creates avoidable stress and inconsistent results.

### How to recognize it:

- You often say “I work best under pressure.”
- You delay tasks until the night before they’re due.
- Your schedule feels chaotic and disorganized.
- You swing between bursts of energy and burnout.

### How to overcome it:

- Create false deadlines. Set a due date two or three days before the actual one.
- Use countdown timers. Create urgency with tools like the Pomodoro Technique.
- Track how you feel. Notice how last-minute stress affects your body, sleep, and work quality.
- Plan in chunks. Break work into pieces and schedule them across multiple days.
- Reward consistency. Celebrate when you work ahead, even just a little bit.

## **Defier Procrastinator**

### What it is:

Defiers resist doing tasks they feel are imposed on them. Their procrastination is often a response to pressure, expectations, or feeling controlled—even if the task is important to their own goals.

### How to recognize it:

- You push back on deadlines, rules, or being told what to do.
- You do not feel motivated if something isn’t your idea or decision.
- You might delay as a way of showing you’re in control.
- You feel frustrated or rebellious when others have authority over your time.

### How to overcome it:

- Reframe the task. Ask yourself, “How does this help me reach my own goals?”
- Choose your structure. Create your own deadlines and process so you feel ownership.
- Identify your values. Connect tasks to what matters most to you personally.
- Practice flexibility. Try softening your response to rules and see how it feels.
- Use inner motivation. Remind yourself that finishing the task gives you freedom, not just someone else satisfaction.

## **Overdoer Procrastinator**

### What it is:

Overdoers say “yes” to everything and take on more than they can reasonably handle. Tasks that matter most get pushed aside while they help others or get buried in busywork.

### How to recognize it:

- You are always busy but rarely finish personal goals.
- You struggle to say “no” and feel guilty when you do.
- You often feel overwhelmed, burned out, or resentful.
- You help others before helping yourself.

### How to overcome it:

- Set priorities. Decide what matters most today, not just what is urgent.
- Say no with kindness. Practice polite ways to turn things down or delay commitments.
- Schedule time for yourself. Block time for schoolwork and rest in your calendar.
- Limit new tasks. Don’t take on anything new until you finish one thing already started.
- Ask for help. Accepting support from others is a strength, not a weakness.