




## THINKING FRAMEWORK: WHAT TYPE OF PROCRASTINATOR ARE YOU?

*There are six reasons why people procrastinate. If you think you are a procrastinator, this thinking framework will help you determine the type of procrastinator you could be.*

 15 minutes Print page 3 to 4 of this framework Have a question? Send a mail to [help@mindn.ai](mailto:help@mindn.ai) The information on this framework is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

About 1 in 5 people in the world are procrastinators. People put off doing things for various reasons. If you consider yourself a procrastinator, it becomes essential for you to understand your procrastination type. This makes finding the right solution that much easier.

Researchers have identified that there are **six types of procrastinators** based on the reasons why people procrastinate. The six types are described below.

- **The Perfectionist** is so preoccupied with meeting high expectations that they cannot complete their tasks on time – or sometimes, they don't even start at all.
- **The Dreamer** pays more attention to the “planning” part than the “doing” part of tasks and puts off tasks.
- **The Worrier** avoids making decisions because of the fear of making mistakes and being judged by others.
- **The Busy Ones** have a task list so long that they cannot stay motivated enough to complete any of them.
- **The Easily Overwhelmed** one freezes when faced with a complex or unclear task. The mind stops working, and the person decides it is far simpler to put off the task indefinitely.
- **The Rationaliser** is someone who is easily distracted and always ends up choosing unimportant but enjoyable things to do over important tasks.

Some researchers add a seventh type: the crisis maker. This type of procrastinator believes they work best under pressure and put off tasks until the last minute.

In this worksheet, we will try to identify your procrastination type. Knowing your procrastination type will help you chart specific actions to eliminate the habit. Please note that this exercise is only a thinking framework, not a medical or scientific evaluation. Independent judgment is advised when using or acting on the results.

So, here's what you will do now. Look at the statements below and rate yourself against a particular statement using the rating key. Once you've completed rating yourself against all the statements, check out the scoring key given below the table to determine the type of procrastinator you are.

Remember: you must respond to ALL statements.

## TO BE FILLED

Sl. No.		Very true	True	Somewhat true	Not true	Not true at all
1	I often struggle to complete a task because I fear my work is imperfect.	5	4	3	2	1
2	My work gets delayed often since doing well is never good enough for me. I must be THE BEST.	5	4	3	2	1
3	I put off tasks and end up doing something else - like watching TV or reading a book, surfing social media sites, etc.	5	4	3	2	1
4	Often, an intended short break (5-10 minutes) between work ends up becoming a long break (>30 minutes)	5	4	3	2	1
5	A fear of 'what might go wrong' stops me from getting started on a task.	5	4	3	2	1
6	I often delay submitting a report or assignment because I fear others judging my work negatively.	5	4	3	2	1
7	I have difficulty prioritising critical/important tasks, so I end up working on minor tasks.	5	4	3	2	1
8	I often find myself saying, "I have so much to do and so little time," but I end up not doing anything.	5	4	3	2	1
9	My task list overwhelms me so much that I can't even start working on it.	5	4	3	2	1
10	I struggle with complex tasks (i.e., the brief is unclear or the task involves many steps) since they overwhelm me.	5	4	3	2	1
11	Planning and making a 'to-do' list excites me more than working on the tasks.	5	4	3	2	1
12	I'm easily distracted by things happening around me (like others conversing, a notification sound, etc.) and end up stopping work to heed them.	5	4	3	2	1

Sl. No.		Very true	True	Somewhat true	Not true	Not true at all
13	I put off things till the last minute, as I work better under pressure.	5	4	3	2	1
14	I enjoy tasks that require short bursts of intense focus rather than the long, simple, and dreary ones.	5	4	3	2	1

Now that you've completed marking all statements, here's your scoring key. This will tell you the procrastination type(s) you fall under.

- Add up your ratings for statements 1 & 2. For example, if you've rated yourself a 4 and a 5, your score is 9. A total of 6-10 could indicate that you fall under the "Perfectionist Procrastinator" type.
- Repeat the above process for statements 3 & 4. A total of 6-10 could indicate that you fall under the "Rationaliser Procrastinator" type.
- A score between 6-10 on statements 5 & 6 means you could be a "Worrier"; i.e. excessive worrying could be causing your procrastination.
- A score in the 6-10 range on statements 7 & 8 could mean you could be a "Busy Bee procrastinator". This means you often take on more work than you can handle, so you do nothing.
- A score between 6-10 on statements 9 & 10 could mean you are an "Overwhelmed" type of procrastinator, i.e. being overwhelmed by a task prevents you from getting started or working on it.
- A score between 6-10 on statements 11 & 12 could mean that you are a "Dreamer"; i.e. you prefer making plans rather than working on your tasks.
- A total of 6-10 on statements 13 & 14 means you could be a "Crisis-maker" and believe you work best under extreme deadline pressure. So, you do not start a task until the nth hour.

This simple exercise will give you insights into your procrastination type. Do note that some people could fall under two or more procrastination types – for example, a person could procrastinate because of “perfectionist” and “overwhelm” reasons.

Now that you know your procrastination type, you may visit the procrastination page on the mind-n and work with the tools present there. The tools are listed under tabs named after the particular procrastination types. Alternatively, you could choose to work with a structured eight-module programme put together by experienced therapists.

We hope the tools and programmes on the mind-n help you overcome your procrastination habit.

All the very best to you!



## RELATED FRAMEWORKS

1. Perfectionism