

Four Simple Reasons for Procrastination

1. Difficult - the task seems hard to do; we naturally tend to avoid difficult things in favor of those which seem easy to us.
2. Time-consuming - the task will take large blocks of time, and large blocks of time are unavailable until the weekend.
3. Lack of knowledge or skills - no one wants to make mistakes, so wait until you learn how before you start.
4. Fears - everyone will know how you screwed up.

Four Complex Reasons for Procrastination

1. Perfectionism - Unrealistically high expectations or standards. Everything must go completely right. It may be either imposed or self-imposed. The perfectionist is long on criticism and short on praise.
 - It creates a high degree of dissatisfaction and frustration because seldom is anything accomplished that is completely acceptable the very first time. The perfectionist nitpicks it to death.
 - A perfectionist may delay in starting a project because he feels overwhelmed by the sheer amount of energy it will take to criticize and nitpick something, and all the frustration it will generate in the process.
 - The words should, ought, must, have to occur frequently in the person's conversation. (I should get straight A's; I must do everything right the first time, etc.) "If you can't do it right, don't do it at all."
 - The desire to have everything absolutely perfect may mask problems of self-esteem and self-confidence.
1. Anger/Hostility - If we are unhappy with someone, we'll often withhold our best efforts. For example, if you are upset with a professor, you are likely to delay in starting a demanding project as a way of "getting even." But you are the one who loses; you are the one with the low grade.
2. Low Frustration Tolerance - Circumstances overwhelm you easily; you find situations radically intolerable and terribly unfair. Frustration is characterized by whining and complaining, and such phrases as "it isn't fair," "this is too hard," and "no one else has to," etc. Feeling the way you do, it seems reasonable to "put it off" until you feel better about doing the work. The trouble is, you feel just as frustrated the next day.
3. Self-Downing - This happens when you continually minimize your own skills and abilities and express doubt about your ability to succeed. A person who habitually puts himself down tends to disbelieve himself even when he is successful: it was "just dumb luck." In addition, he may also find it hard to accept praise and compliments for work performed - false modesty. ("Wow, you did so well on the exam!" "Oh, I just lucked out; I really didn't know it all that well.")
4. The trouble with self-downing is that, given a long enough time, the person will

actually come to believe that he is incapable of certain levels of achievement. Self-downing results in procrastination because the person who is uncomfortable with success will seek ways to become less successful and less visible. Turn in that important quarterly report late, and soon success will fade. ("Why did they fire you?" "I told them all along I couldn't sustain the pace, and see! I was right. I can't work at that level.")

New Location Celebration!

- Put a **STOP** to Procrastination!
- And **Get Motivated** Immediately!



I am very happy to announce that I have relocated my office to Montville NJ, and joined the awesome team at The Wellness Group Of Montville.

- Are you tired of not getting enough done during the day?
- Are you having difficulty achieving short and long term goals?

To celebrate my new location I am offering two private hypnosis sessions and two personalized audio tracks to **put a stop to procrastinating and get serious about GETTING MOTIVATED & GETTING THINGS DONE!**

These sessions and audio, when followed as recommended will put a **STOP to whatever has been stopping you. You will notice the improvements within the first few days!**

All for ONLY \$145, a SAVINGS of \$100 . Offer **EXPIRES 4/5/2015.
Call: 973-388-8794 for your no cost consultation.**



THE PSYCHOLOGY BEHID WHAT IS STOPPING YOU FROM THRIVING

**To schedule a no cost consultation or to make an appointment with me,
Call: 973-388-8794 or Email: Info@AntiStressCenter.Com**

The **Anti Stress Center** is located at **The Wellness Group Of Montville**
170 Changebridge Road Montville, NJ.

DIRECTIONS

How Hypnosis Can Help You

For more information, Call 973-388-8794 or [Email](#) me.

[More on Hypnosis](#)

As always, I look forward to answering all of your questions.

Sincerely,

Scott Lea, CH.t

Certified Clinical Hypnotherapist

**Save
20%**

In celebration of the new location I am offering my Email subscribers 20% off on all private hypnosis sessions and packages to help you achieve your goals. EXCLUDING THIS MOTIVATION OFFER. INCLUDES... Weight Loss / Smoking Cessation / Fears-Phobias / Anxiety - Panic / Study & Test Prep and MORE. [Click Here for other addressed topics.](#)

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