

Name \_\_\_\_\_

## The Psychology of Procrastination and How to Overcome It



Procrastination is a word you might have heard before. It's when we put off doing something we should be doing, like homework, chores, or even fun activities. But have you ever wondered why we procrastinate and how we can stop doing it? Let's explore the psychology of procrastination and learn some tricks to overcome it.

### Why Do We Procrastinate?

Procrastination happens for many reasons. One of the big reasons is that sometimes, the task ahead seems too hard or boring. When we face something challenging, like a math assignment, it's tempting to do something easier, like watching TV or playing video games. Our brains want instant gratification!

Another reason is fear. We might be afraid of failing, so we delay the task to avoid that fear. Imagine you have to give a presentation in class. You might procrastinate because you're nervous about speaking in front of others.

### The Instant Gratification Monkey

A psychologist named Tim Urban once described procrastination as a battle between our "Instant Gratification Monkey" and our "Rational Decision-Maker." The Instant Gratification Monkey always wants to do fun things right now, while the Rational Decision-Maker thinks about the long-term consequences.

### How to Beat Procrastination

So, how can we overcome procrastination? One strategy is to break the big task into smaller, manageable steps. For example, if you have a big book report to do, start by reading one chapter at a time. Completing these smaller tasks gives you a sense of accomplishment and motivates you to keep going.

Setting a timer can also help. Tell yourself you'll work on the task for just 15 minutes. Once you start, you'll often find it easier to continue. And don't forget to reward yourself when you finish! Maybe you can watch your favorite show or have a tasty snack.