

Name _____

The Psychology of Procrastination and How to Overcome It

Short Answer Key

1. Answers may vary, but could include Because tasks seem too hard, boring, or scary.
2. The "Instant Gratification Monkey" represents the part of the brain that seeks instant fun and avoids challenging tasks.
3. One strategy is to break big tasks into smaller, manageable steps.
4. Setting a timer can help by getting you started on a task and making it feel less overwhelming.
5. You should reward yourself in some way, like watching your favorite show or having a tasty snack.

