

# Understanding



the  
power & fear of

BOOK 3

---

**PROCRASTINATION**

---

# The Power & Fear of Procrastination

This all began with the story of my friend who just had to get procrastination out of his life. He was miserable and he was stressed and he had finally accepted that the change needed to happen within him.

## *Understand the Power of Fear and Your Procrastination*

Procrastination is on the rise, not because its popular, its an epidemic caused by our lifestyle. No one wants it, but procrastination has reached some epidemic proportions and continues to rise.

We all know what the basics of procrastination look like:

- ★ Being busy, but not on the important things
- ★ Putting things off until later, let's do it tomorrow
- ★ Checking, double checking and checking one more time
- ★ Feeling paralysed to take action on anything
- ★ Being completely overwhelmed at times
- ★ Finding it too difficult or impossible to get organised
- ★ Not even starting, why bother?

These are some of the behaviour and feelings we see on the surface. For each of us, there real issue is often lurking beneath the surface of these experiences.

We conducted a survey on what people thought about procrastination. All the feelings and behaviour above were given. The most common answer was that almost every person procrastinated because of **a fear**.

[We uncovered fear](#) of all kinds:

- ★ Fear of failure
- ★ Fear of criticism
- ★ Fear of not being good enough
- ★ Fear of what other people might think
- ★ Fear of consequences
- ★ Fear of losing your job
- ★ Fear of wrecking relationships

Can you believe that there were even some who had a fear of success because

they believed they would then be expected to succeed all the time! This is a classic Winner/Loser World mindset (see my book, *How the 'real world' Is Driving Us Crazy!*)

Fear comes from unexpected corners - fear of success, fear of failure and even the fear of fear itself...

## *The Difference Between "Fear" and "Fearful"*

These two words are often used interchangeably, but they mean very different things.

We have fear when we are confronted by something scary or threatening. Fear is of a real and present danger. We are fearful when we *imagine* that we will come across something scary or threatening.

This is a strange side-effect from the natural human desire for some degree of certainty in our lives and also the extraordinary capacity of the human mind to imagine into the future.

That means that we not only want today to be ok, we want to know that tomorrow will be ok, too. Maybe even more than just tomorrow. Maybe next week or next year or even into retirement or even all the way to the end of life.

## *Nothing to fear, but fear itself?*

There is the wise saying that says life is not a destination, but a journey.

A major problem of modern times arises when people start to try and predict the destination AND the journey - to have a certain future. Anything that threatens that is something to be afraid of.

When you boil all this down - we are afraid to do something today because we are fearful that it might not turn out well and tomorrow will be a disaster. That is a huge emotion that can underlie the 'symptoms' of procrastination.

The Beat Procrastination training program has special elements to help work

out this aspect of procrastination.

First, let's reflect on whether any of those fears listed resonate with you emotionally.

Just read through them and notice whether you make a facial expression like:

- ★ Raising your eyebrow(s) - an expression of surprise
- ★ Pressing your lips together - mild disappointment
- ★ Tilting your head to the left - a little guilt
- ★ Tilting your head to the right - 'not sure about that', having a thought
- ★ Wrinkling your nose - a degree of disgust

Our expressions can be very telling, if we know how to read them. The interpretations above are generally true, but you may have something else that is more subtle and personal going on. If it isn't one of the feelings above, try to figure out what it is for you.

## *7 Secrets Signs of Fearfulness in Procrastination*

Are they really secret? Of course not, but without recognising and acknowledging them when they appear they remain a sort of secret that can create changes in your personality and behaviour.

How do you feel when you read these?

- ★ ***Hating others seeing your work*** and certainly not work in progress
- ★ ***An uneasy stomach*** stopping appetite or making you hungry for sweet things like cakes and chocolate
- ★ ***You are short tempered*** and less tolerant
- ★ ***Concentration is difficult*** or almost impossible to concentrate
- ★ ***You have difficulty in relationships***, are uncomfortable with affection, or worse, not interested in sex
- ★ ***Need an additive to kick start the day*** like an extra cup of coffee (it's quite normal to want one coffee), or you need someone to motivate you
- ★ ***Headaches, tiredness or feeling a head fog*** before you have done enough to warrant it.

These signs are serious messages from your body and brain that you need to make a change.

## *Low Level Stress Patterns and Anxiety*

Fearfulness can sit in the background of your life (largely because there is nothing specific to respond to), which can create a persistent, low level pattern of stress and anxiety that, over time, takes a toll. Unfortunately, we are designed to notice stresses and dangers that are close by and obvious - like the big woolly bear jumping out from behind a rock.

## *Frogs, Boiling Water, and Stress*

You know the science story of how a frog will jump out of boiling water, but if you put the water on a slow heat the frog will stay in the water until it literally cooks to death.

Frogs cannot notice small changes in temperature. Only when the change is severe enough does the frog respond. We are like that with stress, especially of imagined threats - fearfulness. The result is that we slowly get worse. If we meet someone that hasn't seen us for a while and they tell us with some concern that we are not looking too good it usually is quite surprising.

### ***Frogs can't ask anyone for advice - YOU CAN!***

That is a great advantage to being human - we can talk to other people, get advice, learn new things and make changes. That is what you will find in the [video course](#).

It's not enough to just talk about the simple band-aid things you can do. This course gets into the nitty-gritty and sets up the opportunity to make changes that will help you be more sensitive and even more importantly, turn the slow heat off altogether. That is what we really need!

# Find The Change You Want Now

We truly hope you have got a lot of value from this ebook. This is a fraction of

what is available in the [Beat Procrastination video program](#). There are 10 videos in the series that cover:

- ★ An overview on the course, our approach and how we set you up for success
- ★ Why you've failed over and over again to recover from your procrastination
- ★ How to stop fighting procrastination and start using it
- ★ Reframe your view of what Procrastination is so you can feel it differently and find positive meaning in it
- ★ How to discover and use procrastinations hidden message to you
- ★ How to uncover the secret stories you are not even aware you are telling yourself and rewrite them
- ★ The 4 types of procrastination and why a general approach never works for any of them
- ★ How to create habits that encourage change while discouraging conscious objection

[Beat Procrastination](#) gives you easy-to-follow steps on putting everything here into practice immediately, creating the lasting change you need.

Revisit the training whenever you want, as many times as you need.

[I Want Change, Sign Me Up!](#)