A PAUSE, A PRACTICE, A NEXT STEP

Procrastination

When putting it off brings relief, then more pressure.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

You may keep preparing, switch to easier tasks, or wait to feel ready. As a deadline gets closer, worry or self-criticism may grow.

01 / Notice and reflect

What makes the first step uncomfortable?

02 / Notice and reflect

What is the smallest visible action?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask for support when delays repeatedly affect bills, health care, school, or work. Persistent attention or mood concerns deserve assessment.

Read more: NIMH · Caring for your mental health

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.