

The Procrastination Pattern Breaker

One task, taken apart. You are not managing time badly. There is an ache inside the task, and every delay is medicating it. This page finds the ache. The next page breaks the pattern. Use a pen, be honest, and do not do ten tasks. One.

1 Name the task plainly

Not "sort my life out". That is a fog machine. Write it the way you would say it to a friend: "send the proposal", "twenty minutes on the budget", "ask my partner for a conversation".

2 Name the feeling

Ask: "What shows up when I imagine doing this?" Do not analyse it. Just name it. Circle what answers, or write your own.

Fear

Shame

Pressure

Boredom

Resentment

Uncertainty

Overwhelm

Being judged

3 Find the pattern

Complete these honestly, on paper, in ink.

When I think about this task, the feeling I want to avoid is _____

The relief I get from avoiding it is _____

The cost of that relief is _____

The task has not changed. Your relationship with the task has changed. That is what we are repairing.

Contact, not intensity

A system that has avoided a task for six months does not trust a five-hour plan. So we go small. The goal of first contact is not achievement. It is to lower the threat, and to collect evidence that you can move towards discomfort and survive.

4 Choose a contact action of less than ten minutes

Open the document. Write one bad paragraph. Make the first call. Look at the bank account. The question is not "can I finish this now?" The question is "can I make honest contact now?"

The smallest honest contact action I can take in the next 24 hours is _____

I will do it at (time) _____ in (place) _____

5 Decide the next action before you stop

The step everyone skips. Do not end your contact with vague hope. End it with a visible next step, written down. Say when, where and how, and a vague desire becomes an instruction.

Tomorrow at _____ I will _____

6 Afterwards, ask the right question

Not "did this change my life?" Wrong question. Ask: "Did I interrupt the loop?" That is the first win. Then: "What is the next small promise I can keep?" You repair self-trust the way you repair trust with anyone: small promises, kept consistently.

The next small promise I can keep is _____

Avoidance is no longer protecting me. It's costing me.
Your feelings can ride in the car. They just can't always drive.