



Domorrow: Understanding and Overcoming Procrastination

Presented By:

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DISCLOSURES

Tourette Association of America

- Faculty, BTI
- Speaker's Bureau
- Honorarium



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Domorrow

[Doo·mawr·oh] noun · *English*

The utilisation of procrastination. Where today's responsibility and productivity become tomorrow's ~~problem~~ endeavour.

Example: Nah, I'm not doing that today. It's a *domorrow* kind of thing.

OBJECTIVES

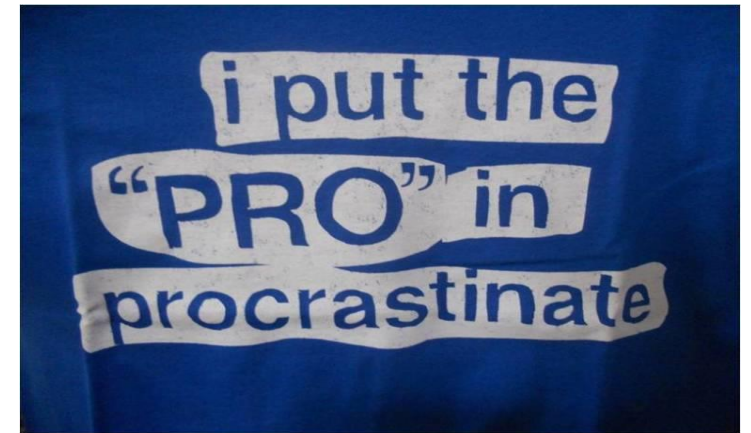
1. Define procrastination, reviewing the negative consequences of consistently engaging in this behavior
2. Explore the role of executive functioning and emotional regulation in procrastination
3. Discuss strategies for individuals, families, and healthcare practitioners (ACTING)

DEFINING CHRONIC OR TRAIT PROCRASTINATION...

“A common self-regulation problem involving the unnecessary and voluntary delay in the start of completion of important intended tasks despite the recognition that this delay may have negative consequences.”

AM I PRONE TO PROCRASTINATION?

1. I often find myself performing tasks that I had intended to do days before.
2. Even with jobs that require little else except sitting down and doing them, I find they seldom get done for days.
3. I generally delay before starting work I have to do.
4. In preparing for some deadlines, I often waste time by doing other things.
5. I usually buy even an essential item at the last minute.
6. I continually say, “I’ll do it tomorrow.”



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CONSEQUENCES OF PROCRASTINATION

- Poorer scholastic performance and academic misconduct
- Lost productivity due to underworking or cyberslacking/loafing (\$)
- Mental and physical health
 - ✓ Anxiety, depression, and rumination
 - ✓ Guilt, shame, regret, and self-criticism
 - ✓ Delay of medical or mental health visits
 - ✓ Headaches, GI, poor sleep, weaker immune system
- Breach of social norms impacts relationships (“not dependable”)
- Lower income or unstable employment



WHY?

Task is seen as aversive:

- Frustrating
- Difficult
- Challenging
- Not meaningful
- Boring
- Stressful
- Worsens anxiety



PROBLEM OF SELF-REGULATION

THE TEMPORAL TRADE-OFF:

PRIORITIZE SHORT TERM MOOD REPAIR OVER

LONG-TERM PURSUIT OF GOALS



Sirois & Pychyl, 2016; Sirois, 2022

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AUTOMATIC THOUGHTS

“I don’t know what it will be like.”

“It will take forever.”

“I don’t know how to do that.”

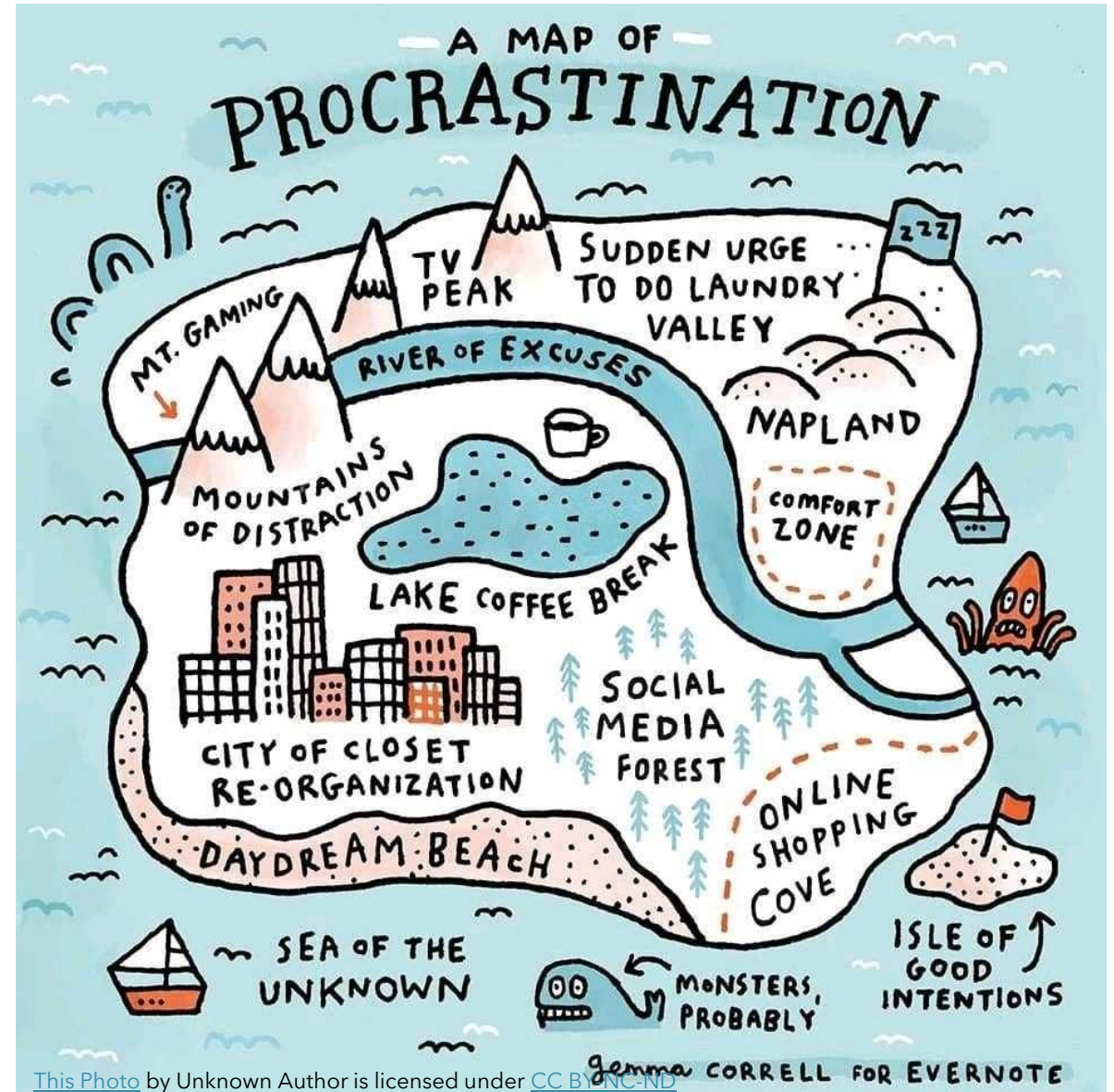
“It will be miserable.”

“I will find it so boring.”

”It is pointless and a waste of time.”

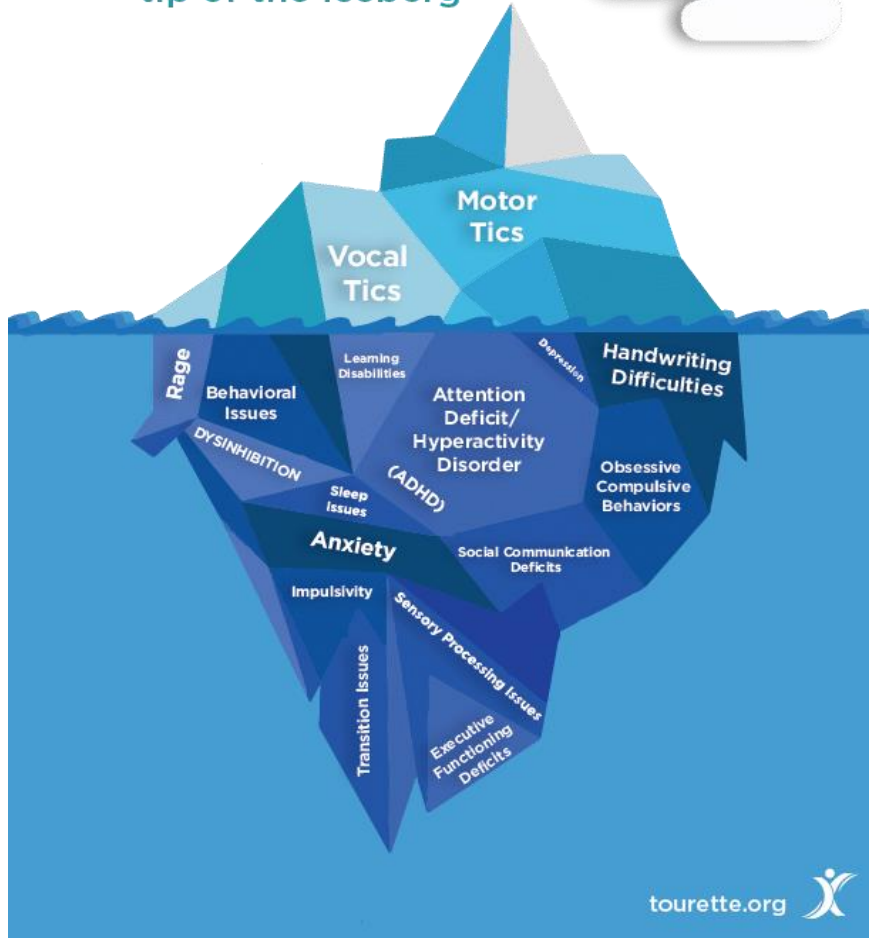
“I don’t really think I’ll even finish.”

ACTING



ACTING: ASSESS, ADDRESS ATTENTION, ACCEPTANCE

TOURETTE SYNDROME Tics are just the tip of the iceberg



<https://tourette.org/resource/iceberg-illustration-poster/>
<https://www.amazon.com/Graman-Vintage-Feelings-Therapy-Emotions>

EMOTIONS

A circular diagram titled 'EMOTIONS' that maps various specific feelings to the four primary emotions: FEAR (top), ANGER (right), HAPPY (bottom), and DISGUST (left). The wheel is divided into segments for each primary emotion, with numerous related feelings listed around the perimeter.

FEAR: Startled, Shocked, Dismayed, Disillusioned, Perplexed, Astonished, Awe, Eager, Energetic, Liberated, Ecstatic, Inquisitive, Important, Confident, Respected, Fulfilled, Proud, Joyful, Interested, Amused, Awful, Horrified, Miserable, Dejected, Humiliated, Rejected, Inadequate, Insecure, Anxious, Scared, Overwhelmed, Worried, Inferior, Worthyless, Alienated, Ridiculed, Embarrassed, Devastated, Insecure, Jealous, Resentful, Violated, Stupid, Envious, Provoked, Hostile, Infuriated, Irritated, Withdrawn, Suspicious, Sarcastic, Judgmental, Loathing, Revolted, Detestable, Aversion, Hesitant, Ashamed, Ignored, Victimized, Despair, Depressed, Lonely, Bored, Empty, Abandoned, Isolated, Apathetic, Indifferent, Open, Playful, Hopeful, Loving, Provocative, Courageous, Brave, Proud, Joyful, Interested, Amused, Awful, Horrified, Miserable, Dejected, Humiliated, Rejected, Inadequate, Insecure, Anxious, Scared, Overwhelmed, Worried, Inferior, Worthyless, Alienated, Ridiculed, Embarrassed, Devastated, Insecure, Jealous, Resentful, Violated, Stupid, Envious, Provoked, Hostile, Infuriated, Irritated, Withdrawn, Suspicious, Sarcastic, Judgmental, Loathing, Revolted, Detestable, Aversion, Hesitant, Ashamed, Ignored, Victimized, Despair, Depressed, Lonely, Bored, Empty, Abandoned, Isolated, Apathetic, Indifferent, Open, Playful, Hopeful, Loving, Provocative, Courageous, Brave.

ANGER: Violated, Stupid, Envious, Provoked, Hostile, Infuriated, Irritated, Withdrawn, Suspicious, Sarcastic, Judgmental, Loathing, Revolted, Detestable, Aversion, Hesitant, Ashamed, Ignored, Victimized, Despair, Depressed, Lonely, Bored, Empty, Abandoned, Isolated, Apathetic, Indifferent, Open, Playful, Hopeful, Loving, Provocative, Courageous, Brave.

HAPPY: Joyful, Interested, Amused, Awful, Horrified, Miserable, Dejected, Humiliated, Rejected, Inadequate, Insecure, Anxious, Scared, Overwhelmed, Worried, Inferior, Worthyless, Alienated, Ridiculed, Embarrassed, Devastated, Insecure, Jealous, Resentful, Violated, Stupid, Envious, Provoked, Hostile, Infuriated, Irritated, Withdrawn, Suspicious, Sarcastic, Judgmental, Loathing, Revolted, Detestable, Aversion, Hesitant, Ashamed, Ignored, Victimized, Despair, Depressed, Lonely, Bored, Empty, Abandoned, Isolated, Apathetic, Indifferent, Open, Playful, Hopeful, Loving, Provocative, Courageous, Brave.

DISGUST: Violated, Stupid, Envious, Provoked, Hostile, Infuriated, Irritated, Withdrawn, Suspicious, Sarcastic, Judgmental, Loathing, Revolted, Detestable, Aversion, Hesitant, Ashamed, Ignored, Victimized, Despair, Depressed, Lonely, Bored, Empty, Abandoned, Isolated, Apathetic, Indifferent, Open, Playful, Hopeful, Loving, Provocative, Courageous, Brave.

**EMOTIONS ARE MUCH LIKE WAVES,
 WE CAN'T STOP THEM FROM COMING
 BUT WE CAN CHOOSE WHICH ONE TO SURF.**

ACTING: REPLACE THE CRITIC WITH SELF-COMPASSION



1. Kind, friendly stance (distancing)
2. Recognize common humanity
3. Approach yourself and the task with openness and curiosity (nonjudgmental stance)

Self-compassion on the front-end.
Self-forgiveness on the back-end.

ACTING: TIME ESTIMATION AND MANAGEMENT

For executive dysfunction or overwhelm...

Organizational Skills Training (OST)

- Daily task list (MyTasks)
- Chunking and prioritization
- Monthly calendar (Outlook)
- Accordion folder or centralized place
- Track time estimation vs completion



ACTING: INTENTIONALITY TO CONTEXT



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Fortune Telling: Intensity Bias and Durability Bias

Find your *Future Self*:

- Mental Imagery
- Letter to Myself (and Back)



ACTING: GOALS TO VALUES



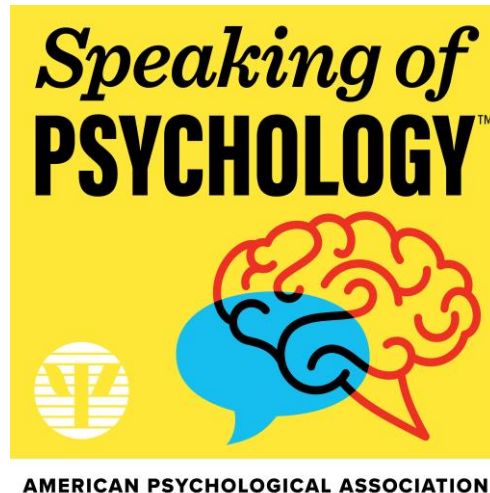
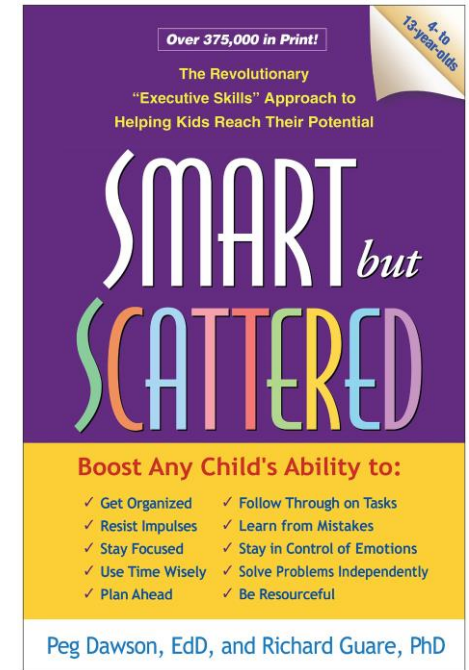
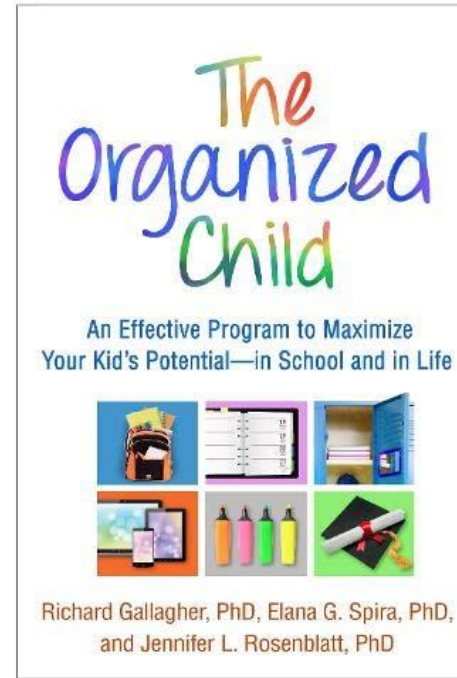
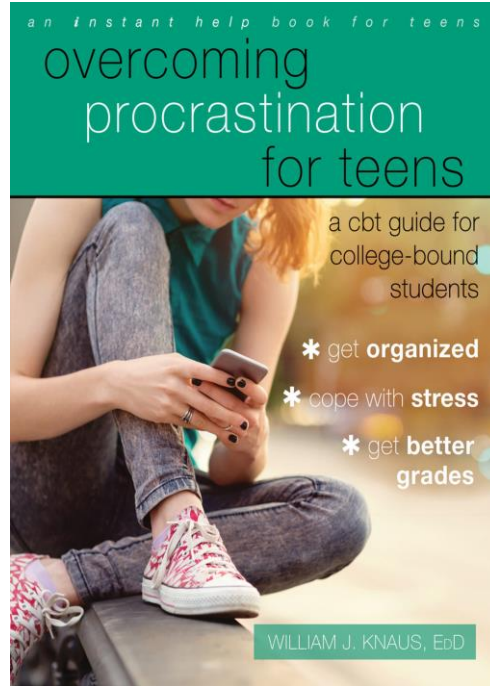
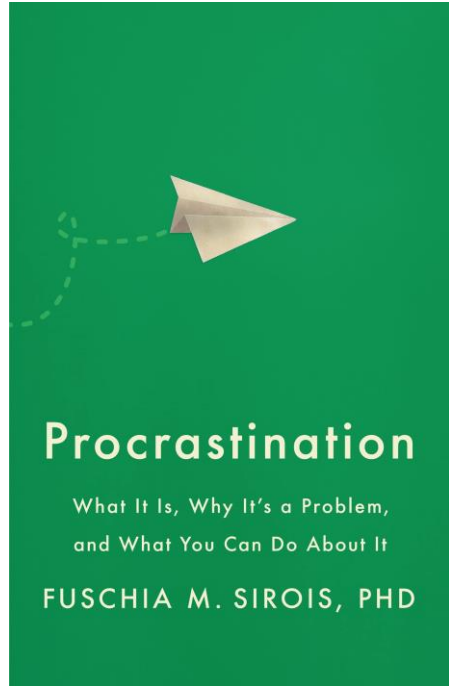
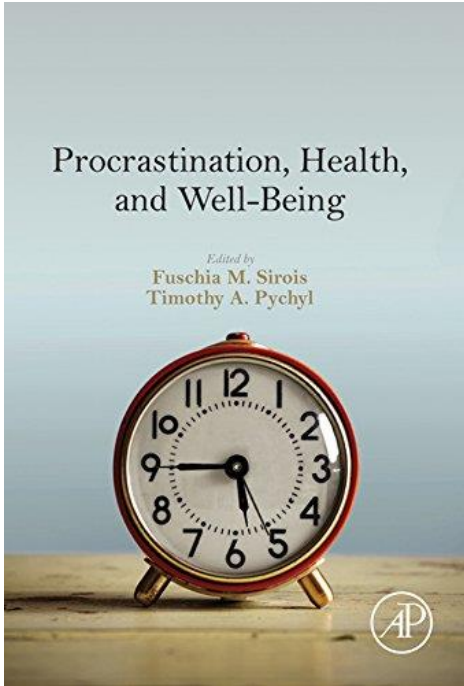
List of VALUES

- | | | | |
|----------------|---------------------|----------------------|------------------------|
| Accountability | Ethics | Kindness | Self-respect |
| Achievement | Excellence | Knowledge | Serenity |
| Adaptability | Fairness | Leadership | Service |
| Adventure | Faith | Learning | Simplicity |
| Altruism | Family | Legacy | Spirituality |
| Ambition | Financial stability | Leisure | Sportsmanship |
| Authenticity | Forgiveness | Love | Stewardship |
| Balance | Freedom | Loyalty | Success |
| Beauty | Friendship | Making a difference | Teamwork |
| Being the best | Fun | Nature | Thrift |
| Belonging | Future generations | Openness | Time |
| Career | Generosity | Optimism | Tradition |
| Caring | Giving back | Order | Travel |
| Collaboration | Grace | Parenting | Trust |
| Commitment | Gratitude | Patience | Truth |
| Community | Growth | Patriotism | Understanding |
| Compassion | Harmony | Peace | Uniqueness |
| Competence | Health | Perseverance | Usefulness |
| Confidence | Home | Personal fulfillment | Vision |
| Connection | Honesty | Power | Vulnerability |
| Contentment | Hope | Pride | Wealth |
| Contribution | Humility | Recognition | Well-being |
| Cooperation | Humor | Reliability | Wholeheartedness |
| Courage | Inclusion | Resourcefulness | Wisdom |
| Creativity | Independence | Respect | |
| Curiosity | Initiative | Responsibility | <i>Write your own:</i> |
| Dignity | Integrity | Risk-taking | _____ |
| Diversity | Intuition | Safety | _____ |
| Environment | Job security | Security | _____ |
| Efficiency | Joy | Self-discipline | _____ |
| Equality | Justice | Self-expression | _____ |

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RESOURCES



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