

How to Combat Procrastination

A practical and encouraging guide for getting yourself moving again.

Begin here

Procrastination is almost always linked to fear.

It is rarely just laziness. More often it is a protective manoeuvre. If you do not begin, then you do not have to risk the sting of not succeeding.

That is why delay can feel oddly comforting in the moment, even while it quietly drains confidence.

Fear of what?

1

Usually fear of failure. Even if the fear is vague, the emotional core is often the same: what if I start and it is not good enough?

2

A wish to avoid disappointment. Better not to start than to feel you have tried and failed.

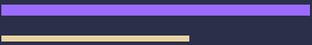
3

Sometimes old hurt. Procrastination is often linked to trauma, criticism, shame or earlier experiences of being judged.

A gentler truth

You do not need to solve your whole life today. You only need to interrupt the spell.

Creativity helps. Play helps. Small acts help. Momentum often arrives after the beginning, not before it.



Why the Body Matters

When the mind is frozen, movement can loosen the grip of fear.

1. Do something physical first.

Go for a quick 10-minute walk. Stretch. Put music on. Tidy your desk a little. Physical movement helps shift you out of dread and back into the present.

The point is not fitness. The point is to re-enter your body before asking your mind to produce anything clever.

2. Use a physical notebook.

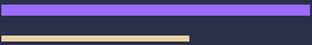
Come back and write anything at all. Odd words. Fragments. Complaints. Images. Half-thoughts. Do not aim for polished writing. Aim for contact.

*Then read the words back to yourself and ask: **why did I write these?***

3. Let nonsense lead somewhere.

Very often the mind knows more than it first says. Strange little words can open a door. Trust the scraps. They are often the first signs of movement.

You are not being silly. You are warming up.



Make It a Game

Use AI not as a judge, but as a playful companion for beginning.

1

Open your AI.

Read out the words you scribbled or type them in exactly as they are.

2

Ask a playful question.

Try: *Why do you think I wrote this?* or *What might these words be circling around?*

3

Stay curious.

You are not looking for a final answer. You are trying to make the process feel lighter and more alive.

4

Start making sentences.

Take one phrase and turn it into one clumsy sentence. Then another. Let the writing become real through motion.

5

Feel good about yourself.

Because you began. That matters more than doing it perfectly.

One final thought

Procrastination thrives on harshness, shame and impossible standards. Progress often begins with something much softer: movement, curiosity, and permission to start badly.

You can do it. Not by becoming perfect, but by beginning before fear has finished its performance.

Created for workshops and talks by Dr Agnieszka Piotrowska