

# AI-01828 Types of Procrastination

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**There is one type of procrastination called Procrastination With Emotional Avoidance. What is it? What other types of procrastinations are there. List 10 examples of each. Use a numbered list.**

## Procrastination With Emotional Avoidance

Procrastination with emotional avoidance is a type of procrastination that is driven by the desire to avoid or escape uncomfortable feelings associated with a task. It's not about being lazy or having poor time management; rather, it's a self-regulation problem where an individual puts off a task to temporarily relieve emotional discomfort. This discomfort can be caused by a variety of emotions, such as fear of failure, anxiety, boredom, resentment, or feeling overwhelmed. By procrastinating, the person avoids confronting these negative emotions, even though they know the delay will likely lead to worse consequences in the long run.

## Other Types of Procrastination

While there are various categorizations of procrastination, here are some common types:

**1. The Perfectionist:** This type of procrastinator delays tasks due to an irrational fear that their work won't be flawless. They might spend an excessive amount of time planning and researching, becoming paralyzed by the fear of not meeting their own impossibly high standards.

- **Examples:**

1. Spending hours on a detailed outline for an essay but never starting the actual writing.
2. Waiting for the "perfect" time to begin a new project, which never comes.
3. Constantly revising a document, convinced it's not good enough to submit.
4. Delaying the launch of a business because the website or product isn't "100% ready."
5. Refusing to practice a new skill, like playing a musical instrument, because they are afraid of making mistakes.
6. Re-editing photos for a portfolio dozens of times, never feeling satisfied enough to share them.
7. Putting off a presentation because the slides need to be "perfectly" designed.
8. Avoiding starting a piece of art for fear it won't live up to the image in their mind.
9. Delaying cleaning a room because they can't do it all in one go perfectly.
10. Not applying for a job until they have the "perfect" resume and cover letter.

**2. The Crisis-Maker / Adrenaline Junkie:** This person intentionally delays tasks because they believe they work best under pressure. They are motivated by the adrenaline rush of a looming deadline and the excitement of finishing a task at the last minute.

- **Examples:**

1. Starting to write a term paper the night before it's due.
2. Waiting until the last possible moment to book a flight or hotel for a trip.
3. Leaving a major work presentation until the weekend before the Monday deadline.
4. Paying bills on the day they are due, or even a day late.
5. Only beginning to study for a big exam a few hours before the test.

6. Delaying an important call until they are forced to make it at the last minute.
7. Rushing to finish a project proposal just before the submission time.
8. Not beginning to pack for a vacation until the morning they are leaving.
9. Leaving house chores until guests are about to arrive.
10. Waiting to do laundry until they have no clean clothes left.

**3. The Worrier:** Driven by anxiety, this procrastinator is afraid of a negative outcome, such as being judged or failing. They delay the task to avoid the feelings of dread and potential failure that come with it.

- **Examples:**

1. Putting off an important conversation with a spouse or a family member.
2. Delaying a doctor's appointment because they are worried about the diagnosis.
3. Not responding to an email because they are anxious about what the other person might say.
4. Avoiding a difficult phone call or a meeting with a manager.
5. Postponing a job interview because they fear they won't perform well.
6. Delaying a test result or report because they are afraid of a bad grade or negative feedback.
7. Not sending a submission to a publication due to fear of rejection.
8. Putting off a presentation because they fear public speaking.
9. Avoiding a conflict with a coworker.
10. Postponing a workout because they are self-conscious about their body.

**4. The Overdoer:** This person takes on too many tasks and commitments, leading to feeling overwhelmed and unable to prioritize. They procrastinate on important tasks because their plate is constantly overflowing.

- **Examples:**

1. Saying "yes" to every request at work, then being unable to start any single project.
2. Starting multiple personal projects (e.g., learning a new language, starting a blog, training for a marathon) and making little progress on any of them.
3. Overcommitting to social events and then not having time for personal responsibilities.
4. Taking on extra responsibilities at home that prevent them from completing their main chores.
5. Scheduling too many meetings in a day, leaving no time to actually do the work.
6. Signing up for several online courses and finishing none of them.
7. Juggling multiple volunteer positions, leading to burnout.
8. Bringing work home and then getting distracted by other tasks.
9. Beginning a home renovation project without finishing the previous one.
10. Trying to do all the household chores at once, resulting in nothing getting finished.

**5. The Dreamer:** This procrastinator has grand ideas but struggles with the practical reality of doing the hard work required to bring them to fruition. They get lost in the planning and ideation phase, procrastinating on the actual execution.

- **Examples:**

1. Spending hours creating a detailed business plan but never taking the first step to launch.
2. Fantasizing about writing a novel but never writing a single page.
3. Creating an elaborate travel itinerary but never booking the trip.
4. Designing a perfect home garden on paper but never planting a seed.
5. Talking about starting a podcast for years without ever recording an episode.
6. Brainstorming ideas for a website but never building it.

7. Creating a detailed list of fitness goals but never starting the exercise plan.
8. Drawing up plans for a new invention but never building a prototype.
9. Talking about learning to cook gourmet meals without ever trying a new recipe.
10. Writing a list of all the books they want to read but never opening one.

**6. The Defier:** This person procrastinates as a form of rebellion against authority or external expectations. They feel a sense of control and independence by delaying tasks they resent being told to do.

- **Examples:**

1. Purposefully delaying a task assigned by a boss they dislike.
2. Not doing a household chore they were told to do until the last minute.
3. Waiting to return a call from a family member who is perceived as controlling.
4. Delaying school assignments to assert independence.
5. Purposely being late for a meeting to show they are not constrained by the schedule.
6. Ignoring an email from a superior they find annoying.
7. Putting off a task that seems meaningless or beneath them.
8. Not filing taxes until the very last minute out of defiance of the government.
9. Taking an unusually long time to complete a project to express passive aggression.
10. Refusing to follow a recommended schedule or routine.

**7. The Passive-Aggressive Procrastinator:** Similar to the Defier, this person expresses their resistance or resentment indirectly by delaying or doing a task slowly. It's a way to avoid direct conflict while still asserting their displeasure.

- **Examples:**

1. Taking a very long time to complete a simple task assigned by a demanding coworker.
2. Submitting a report late to a team that is counting on it.
3. Delaying giving an answer to a question to make the other person wait.
4. Taking a long time to respond to a text message or email they'd rather not deal with.
5. "Forgetting" to complete a chore they were asked to do.
6. Purposefully working slowly on a project to show disinterest.
7. Missing a deadline because they were secretly hoping the project would be canceled.
8. Dragging their feet on a shared task to force a partner to do more of the work.
9. "Losing" an important document.
10. Being "too busy" to help a friend they're secretly upset with.

**8. The Disorganized Procrastinator:** This person struggles with poor planning, time management, and a lack of organization. They may genuinely want to do a task but can't figure out where to start, leading to paralysis and delay.

- **Examples:**

1. Forgetting about a deadline because it wasn't written down.
2. Losing important documents or project files, making it impossible to start.
3. Overlooking a task because it's buried under a pile of papers on their desk.
4. Not being able to begin a project because the necessary tools or materials are missing.
5. Having a cluttered workspace that makes it difficult to focus.
6. Constantly having to search for information before starting a task.
7. Starting a task and then stopping because they realize they don't have all the resources.

8. Making a to-do list but not prioritizing anything on it.
9. Constantly being late for appointments because they lose track of time.
10. Forgetting to pay bills because they don't have a system to track them.

**9. The Decisional Procrastinator:** This type is characterized by an inability to make a decision, often due to a fear of making the wrong choice. They overanalyze and get stuck in a state of paralysis, delaying action until the last minute.

- **Examples:**

1. Spending weeks deciding on a restaurant for a group dinner.
2. Endlessly researching different products before making a purchase.
3. Struggling to choose a college major or career path.
4. Delaying a major life decision, such as moving or changing jobs.
5. Overthinking which outfit to wear, making them late.
6. Taking a long time to choose a topic for a paper.
7. Getting stuck on a project because they can't decide on the best approach.
8. Delaying a decision on a financial investment.
9. Asking for endless advice on a matter without ever taking action.
10. Not being able to commit to a plan for the weekend.

**10. The Self-Saboteur:** This procrastinator puts things off to deliberately undermine their own success. This behavior often stems from low self-worth, where they believe they don't deserve to succeed, or from a fear of change and stepping out of their comfort zone.

- **Examples:**

1. Avoiding a promotion or new job opportunity by not completing the application.
2. Procrastinating on a school assignment to get a lower grade.

3. Putting off getting a driver's license out of fear of the responsibilities that come with it.
4. Refusing to start a fitness routine because they don't believe they can stick with it.
5. Delaying a major life goal because they are comfortable with their current life, even if it's unfulfilling.
6. Not preparing for an interview so they can blame a bad performance on a lack of preparation, rather than their own abilities.
7. Delaying a project that would make them more visible at work.
8. Missing a workout to reinforce a negative self-image.
9. Procrastinating on finishing a book, even though they enjoy writing, to avoid the pressure of publishing.
10. Refusing to address a personal issue that would lead to positive change.