

Day 1: Understanding Your Fear - The Foundation

Avoidance Procrastinator Workbook

Today's Focus: Identify the specific fears driving your avoidance patterns

Time Commitment: 20 minutes

Core Exercise: Fear Inventory

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show myself compassion around this challenge?

Write your responses here:

Fear I'm experiencing today:

Avoided task:

One small step:

Main Exercise: Fear Inventory (15 minutes)

Purpose: Map the specific fears that fuel your procrastination patterns

1 Identify Your Current Avoidance (5 minutes)

Think about tasks you've been putting off. List 3-5 specific items:

1.
2.
3.
4.
5.

2 Dig Deeper Into the Fears (10 minutes)

For each avoided task, complete this framework:

Task:

What specifically am I afraid might happen?

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What would this mean about me if it happened?

How likely is this fear to actually occur? (1-10 scale)

Single Small Step Commitment (2 minutes)

Purpose: Build momentum with minimal action

Choose ONE tiny action (5 minutes or less) toward a feared task:

My commitment for today:

When I will do it:

How I expect to feel before:

Evening Reflection (1 minute)

☐ Did you complete your small step? Yes / No

How did you actually feel during/after?

What did you learn about your fear today?

Tomorrow's Preparation

Tomorrow we'll start tracking how your emotions connect to your avoidance patterns. Keep your fear inventory handy as a reference.

Courage Building Thought:

"Every fear I name loses some of its power over me. I am building awareness, not judgment."