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# Avoidance Procrastinator 90-Day Workbook: Complete Exercise Framework

## First Day Exercises

### 1. Fear Inventory

**Purpose:** Identify the specific fears driving your procrastination

**Instructions:** List all the fears that come up when you think about tasks you avoid. Be specific about what you're afraid might happen (e.g., "I fear my boss will think I'm incompetent" rather than just "fear of failure").

### 2. Self-Compassion Letter

**Purpose:** Counter harsh self-criticism that perpetuates avoidance

**Instructions:** Write a kind, understanding letter to yourself about your procrastination habits. Include recognition of how these habits developed to protect you, and express encouragement for your journey forward.

### 3. Values Clarification

**Purpose:** Connect with personal values that can motivate beyond fear

**Instructions:** List your core values and how facing fears aligns with living those values. How does procrastination disconnect you from what matters most?

### 4. Procrastination Pattern Recognition

**Purpose:** Increase awareness of avoidance habits

**Instructions:** Document your typical procrastination cycle: trigger → thought → emotion → avoidance behavior → consequence. Note patterns across different situations.

### 5. Single Small Step Commitment

**Purpose:** Build momentum with minimal action

**Instructions:** Choose one tiny action (5 minutes or less) toward a feared task and commit to doing just that step today. Record how it feels before, during, and after.

## First Week Exercises

## 6. Daily Mood and Task Tracking

**Purpose:** Connect emotional states to procrastination patterns

**Instructions:** Create a simple chart tracking mood, energy level, and procrastination throughout the day. Note correlations between emotional states and avoidance.

## 7. 5-Minute Task Timer

**Purpose:** Overcome initial resistance through time-boxing

**Instructions:** Set a timer for just 5 minutes and work on a feared task. Record what you accomplished and how your feelings changed during the brief activity.

## 8. Fear vs. Reality Comparison

**Purpose:** Challenge catastrophic predictions

**Instructions:** Write down what you fear will happen when tackling an avoided task, then record what actually happens. Compare the prediction with reality.

## 9. Success Visualization

**Purpose:** Create positive associations with task completion

**Instructions:** Spend 5 minutes vividly imagining successfully completing a feared task. Focus on the feelings of relief, pride, and accomplishment afterward.

## 10. Comfort Zone Stretching

**Purpose:** Gradually expand boundaries of what feels safe

**Instructions:** Identify one small way to stretch your comfort zone daily. Record the experience and any insights gained from the stretch.

# First Month Exercises

## 11. Fear Exposure Ladder

**Purpose:** Create a systematic approach to facing fears

**Instructions:** List avoided tasks from least to most anxiety-producing (1-10 scale). Begin exposing yourself to lower-ranked items, working gradually upward.

## 12. Procrastination Thought Records

**Purpose:** Identify automatic thoughts triggering avoidance

**Instructions:** When procrastinating, document the situation, automatic thoughts, emotions, and behaviors. Challenge unhelpful thoughts with alternative perspectives.

### 13. Evidence Collection

**Purpose:** Build a case against fear-based assumptions

**Instructions:** For each fear-based belief (e.g., "I'll fail completely"), gather and record evidence that contradicts this assumption from past experiences.

### 14. Self-Sabotage Awareness

**Purpose:** Recognize the hidden costs of avoidance

**Instructions:** Document how avoidance ultimately creates more pain than it prevents. Detail the consequences of procrastination on your goals, relationships, and well-being.

### 15. Accountability Partner Check-ins

**Purpose:** Create external motivation and support

**Instructions:** Schedule regular discussions with a trusted friend about your progress, sharing both successes and struggles with facing fears.

### 16. Emotional Acceptance Practice

**Purpose:** Build tolerance for uncomfortable feelings

**Instructions:** When avoidance urges arise, practice sitting with the uncomfortable feelings for 2-5 minutes without acting on them. Journal about the experience.

### 17. Progress Reflection

**Purpose:** Recognize growth and learning

**Instructions:** Weekly review of small victories, insights, and learning opportunities from both successes and setbacks in facing fears.

### 18. Cognitive Distortion Challenge

**Purpose:** Identify thinking patterns that fuel avoidance

**Instructions:** Learn common cognitive distortions (catastrophizing, mind-reading, etc.) and identify which ones appear in your fear-based thinking. Practice countering them.

### 19. "What's the Worst That Could Happen?" Exercise

**Purpose:** Realistically assess outcomes and develop coping plans

**Instructions:** For a feared task, write the worst possible outcome, its actual likelihood, and your ability to cope if it occurred. Develop a specific plan for managing this scenario.

### 20. Task Decomposition

**Purpose:** Make overwhelming tasks more approachable

**Instructions:** Break feared projects into the smallest possible steps. Identify the absolute minimum viable first action that takes 5 minutes or less.

## Second Month Exercises

### 21. Limiting Belief Reframing

**Purpose:** Transform negative self-beliefs driving avoidance

**Instructions:** Identify core limiting beliefs (e.g., "I'm not capable"). Create balanced alternative statements based on evidence and compassion.

### 22. Courage Journal

**Purpose:** Build identity as someone who faces fears

**Instructions:** Document daily acts of courage, no matter how small. Review regularly to recognize your growing capacity to face fears.

### 23. Failure Normalization

**Purpose:** Reduce fear through understanding failure's universality

**Instructions:** Research and document examples of successful people who experienced significant setbacks before achieving their goals. Extract lessons from their resilience.

### 24. Feedback Processing Practice

**Purpose:** Reduce fear of criticism by changing your relationship to feedback

**Instructions:** For recent feedback you've received, separate content from delivery, useful points from unhelpful ones, and facts from interpretations.

### 25. Uncertainty Tolerance Building

**Purpose:** Increase comfort with imperfect information

**Instructions:** Deliberately make small decisions with incomplete information. Record the process, outcome, and learning to build comfort with uncertainty.

### 26. Implementation Intentions

**Purpose:** Create automatic responses to avoidance triggers

**Instructions:** Develop specific if-then plans (e.g., "If I feel the urge to check social media instead of working, then I will set a timer for 5 minutes of focused work first").

### 27. Self-Efficacy Evidence Log

**Purpose:** Build confidence in your capabilities

**Instructions:** Record evidence of your capabilities and past successes, especially in areas where you face fear now. Review regularly when avoidance urges arise.

## 28. Fear Visualization and Acceptance

**Purpose:** Reduce fear's power through exposure and mindfulness

**Instructions:** Mentally rehearse facing a feared situation while practicing mindful acceptance of any anxious feelings that arise.

## 29. Growth Mindset Cultivation

**Purpose:** Transform how you view challenges and setbacks

**Instructions:** For recent struggles with procrastination, reframe them from a growth perspective: What did you learn? How are you developing? What skills are you building?

## 30. Perfectionism Challenge

**Purpose:** Release unrealistic standards that fuel avoidance

**Instructions:** Deliberately complete a task at "good enough" quality. Record your feelings and the actual consequences of not being perfect.

# Third Month Exercises

## 31. Anxiety Management Toolkit

**Purpose:** Develop strategies for managing fear responses

**Instructions:** Create a personalized list of techniques that help you manage anxiety (deep breathing, physical movement, thought challenges, etc.). Practice regularly.

## 32. Procrastination-Free Zones

**Purpose:** Establish protective boundaries against avoidance

**Instructions:** Designate specific times and places where procrastination isn't permitted. Start small (30 minutes) and gradually extend these zones.

## 33. Fear Dialogue

**Purpose:** Understand the protective intention behind avoidance

**Instructions:** Write a dialogue with your fear as if it were a person trying to protect you. Ask questions about its concerns and negotiate a healthier relationship.

### 34. Value-Based Motivation

**Purpose:** Connect feared tasks to meaningful values

**Instructions:** For each avoided task, identify how completing it connects to your core values and the person you want to be.

### 35. Challenge Reviews

**Purpose:** Extract learning from conquered fears

**Instructions:** Analyze challenges you've faced successfully, focusing on what you've learned about yourself and your capabilities in the process.

### 36. Celebration Practice

**Purpose:** Reinforce courage over outcomes

**Instructions:** Develop meaningful ways to celebrate the act of facing fears, regardless of outcome. Acknowledge courage rather than just results.

### 37. Identity Statements

**Purpose:** Redefine self-concept beyond "procrastinator"

**Instructions:** Create new empowering identity statements that reflect your growing courage (e.g., "I am someone who takes small brave steps every day").

### 38. Future Self Visualization

**Purpose:** Connect with long-term benefits of facing fears

**Instructions:** Visualize your future self who has consistently faced fears for months/years. What's different? What advice does this future self have for you now?

### 39. Resilience Building

**Purpose:** Develop strategies for maintaining progress through setbacks

**Instructions:** Create a specific plan for how you'll respond to inevitable setbacks and temporary returns to avoidance patterns.

### 40. Maintenance Plan

**Purpose:** Sustain progress beyond the workbook

**Instructions:** Develop ongoing strategies for preventing regression, including which exercises to continue, what support you'll need, and how you'll monitor progress.

## Daily and Weekly Recurring Elements

## Daily Check-in 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?

## Weekly Review Questions

- What fears did I face this week, even imperfectly?
- What did I learn about my avoidance patterns?
- How did my actual experiences compare to my fears?
- What strategies were most helpful this week?
- What will I focus on in the coming week?

# Progress Tracking Tools

## Fear Exposure Tracker

Track progress on your fear exposure ladder (1-10 anxiety rating before, during, and after exposure)

## Victory Log

Record all instances of facing fears, no matter how small

## Avoidance Trigger Map

Document situations, people, or emotions that consistently trigger avoidance

## Time-to-Recovery Metric

Track how quickly you bounce back from procrastination episodes (aim for improvement, not perfection)

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