

Better late than never

<p>Notes & Cues:</p>	<p>Article:</p> <p>No, late people aren't rude and lazy.</p> <p>Perceptions of unpunctual people are almost always negative — even if misguided. While there are those who get a charge out of keeping others waiting, the majority of us late people hate being late as well.</p> <p>Being consistently late might not be your fault. It could be your type. The punctually-challenged often share personality characteristics such as optimism, low levels of self-control, anxiety, or a penchant for thrill-seeking. Personality differences could also dictate how we experience the passing of time.</p> <p>But there are other reasons for lateness as well. For starters, there's the anticipation of being late, or too much attention to detail. If you have a report you must finish by a specific deadline, the constant worrying about the deadline, or the fear for writing a sub-par report might just get the better of you.</p> <p>For others, lateness is a consequence of deeply distressing common mental health or neurological conditions. For instance, people with anxiety diagnoses often avoid certain situations. Individuals with low self-esteem are likely to be critical about their abilities which may cause them to take more time to check their work.</p> <p>So the next time you see someone late, just know that lateness may just be part of their charm.</p>
<p>Summary:</p>	