

Listening Journal (SEIII)

Date: 2025. 10. 12

Title: Inside the Mind of a Master Procrastinator.

Summary: In this TED Talk, Tim Urban humorously explained what transpires inside the mind of people who are prone to procrastination, or exactly, the war between 'Rational Decision-Maker' & 'Instant Gratification Monkey', and the 'Panic Monster' which occurs when deadline is approaching to force progress.

Vocabulary: procrastinate. v. keep leaving things you should do until later.

gratification: n. pleasure, satisfaction.

Dark Playground. n. the place of guilty leisure during procrastination.

Reflection: I chose this video because it explained the abstract concepts vividly, helping me to avoid being controlled by the 'Instant Gratification Monkey'.