

Procrastination¹ - Causes² and Cures³

Are you a terrible procrastinator, forever putting things off?⁴ Janet Sandford investigates the underlying⁵ causes and what can be done to stop the rot.⁶

There is a humorous saying,⁷ originally⁸ uttered⁹ by lawyer¹⁰ and third vice-president of the United States Aaron Burr that recommends, "never do today what you can put off till tomorrow. Delay" may give clearer light as to what is best to be done.¹¹ It could be viewed as sound¹² advice¹³ and consistent with¹⁴ the notion of "sleeping on" a difficult decision. That is fine. The problem arises¹⁵ when procrastination becomes a habit where actions and decisions are perpetually¹⁶ postponed¹⁷ or ignored, hoping they will go away. We have all done it at some time, but why?

ing jobs.

Research suggests that regardless of¹⁹ the person, there are a number of universal reasons that can lead us to²⁰ side-step²¹ doing things. These drivers²² could be manifest in anything from not emptying the rubbish to differing about²³ changing jobs.

Common Causes

Present-Versus²⁴ Future-focus

The present is real and here and now, whereas²⁵ the future has to be imagined. This impacts²⁶ the immediacy²⁷ of rewards²⁸

procrastination prakrastynacja

2 cause kcz przyczyna

3 cure kcy(r) lekarstwo

4 to put sth off tu pót 'sambing of odkładać coś

na później

5 underlying 'andelaying tu: ukryty (np.

problem)

6 to stop the rot tu stop óa rot powstrzymać

poprzązanie sję zbyj sytyracji

7 saying 'samy powbiedzanie

8 originally e'prdzanal poczatkowo, pierwotnie

cos

10 lawyer 'fajer(r) prawnik

11 delay dylet opoznienie

12 sound sand rozsady

13 advice 'advajs po/rada

14 consistent with sth kensistent wtd 'sambing

spójny z czymś

15 to sleep on sth te slip on 'sambing przespac

się z czymś

16 to arise tu e'raz wyłaniać się

17 perpetually 'pepetyczal nieustannie,

18 postponed p'd'pused przekładany

19 regardless of sth r'igardles av 'sambing bez

względę na coś, niezależnie od czegoś

28 reward r'wold nagroda

27 immediacy i'midias pilność,

na coś

26 to impact sth tu impactt 'sambing wpływać

25 whereas 'wear'ez podczas gdy

24 versus 'vasas kontra

wahać się w sprawie czegoś

23 to differ about sth te 'difo(r) e'bat 'sambing

22 driver 'draiva(r) tu: czynnik pobudzający

czegoś, omijać coś

21 to side-step sth te said step 'sambing unikać

czegoś

20 to lead to sth te lid te 'sambing prowadzić do

