

# ONE OF THE OFTEN-UNRECOGNISED ALLIES OF PROCRASTINISM IS PERFECTIONISM.

(suddenly switching to another task that is more appealing<sup>70</sup>), rebelliousness<sup>72</sup> (let them wait), or a general lack of<sup>72</sup> motivation. In more extreme cases, it could be depression, resulting in<sup>72</sup> lethargy, tiredness and brain fog<sup>74</sup>.

## Time Management<sup>75</sup> Issues

Taking all aforementioned<sup>76</sup> issues out of the equation<sup>77</sup>, it may simply be that someone simply lacks<sup>78</sup> the skills for effective time management and decision making so they fail to<sup>79</sup> complete jobs and miss deadlines<sup>80</sup>. Some people have problems getting going<sup>81</sup>, while others have a habit of always leaving things to the last minute, assuming<sup>82</sup> they will take less time than they will and that all will go well without<sup>83</sup> obstacles<sup>84</sup>. A good example is how long you allow to get to the airport and check in<sup>85</sup>.

At the opposite end of the scale, one of the often-unrecognised allies<sup>86</sup> of procrastination is perfectionism. We tend to associate this with high standards and think of it

Subsequent<sup>87</sup> longitudinal<sup>88</sup> studies found that the children who were able to wait for the reward, had better life outcomes<sup>89</sup> in terms of<sup>90</sup> health and wealth<sup>91</sup>. While the limitations of the research have since been challenged, it certainly confirmed<sup>92</sup> different reactions to present temptation<sup>93</sup> – some children covered<sup>94</sup> their eyes or made up<sup>95</sup> distracting<sup>96</sup> songs to avoid<sup>97</sup> seeing the sweets on the table. In short, we can say that some people put things off because what they are doing now is more enjoyable<sup>98</sup> and they cannot stop themselves (poor deferment of gratification).

## Environment

The children who closed their eyes or sang songs were, in their own way, seeking<sup>99</sup> to control their environment. In a working context, a cluttered<sup>100</sup> desk full of paper-work and tasks waiting to be done could lead us to feel overwhelmed<sup>101</sup>, and uncertain about which tasks to prioritise<sup>102</sup>, and result in inertia<sup>103</sup> – we end up doing none of the work-in-progress<sup>104</sup>. During lockdowns and the post-Covid hybrid working era, working from home introduces another package of potential distractions<sup>105</sup> ranging from domestic chores<sup>106</sup>, a cat jumping on your computer, and the ever-present<sup>107</sup> coffee pot. Which reminds me, I still haven't had my second cup. Back in 10 minutes.

We may view the same task or activity differently depending on<sup>108</sup> our personality. Specifically, cognitive biases<sup>109</sup> play an important role. One example is optimism versus pessimism. People who expect positive outcomes are more likely to<sup>110</sup> make decisions more quickly than those who expect the worst. People with higher natural levels of anxiety<sup>111</sup> are likely to be more fearful of potential negative outcomes. These could be making a mistake and being blamed<sup>112</sup> or criticised. There is a whole host of<sup>113</sup> other personality traits<sup>114</sup> that could impact the probability of procrastination such as impulsiveness

## Personality and Perception<sup>115</sup>

- <sup>80</sup> to avoid sth tu e'vaid 'sambɪŋ unikad' czegoś
- <sup>81</sup> enjoyable in'dʒɔ:əbəl przjemny, miły
- <sup>82</sup> to seek ts'ɪk szukać
- <sup>83</sup> cluttered 'klʌtəd zagraczony, zatłoczony, zapchany
- <sup>84</sup> to feel overwhelmed ts'fi:l ,əvə'weɪlmd czuć się
- <sup>85</sup> to prioritise ts'prɑ:təraɪz szeregować pod
- <sup>86</sup> przytoczonym
- <sup>87</sup> to prioritise ts'prɑ:təraɪz szeregować pod
- <sup>88</sup> względem ważności
- <sup>89</sup> inertia 'ɪnɜ:ʃə bezwład, inercja
- <sup>90</sup> work-in-progress 'wɜ:k ɪn 'prɒgrɛs prace w toku
- <sup>91</sup> distraction dɪ'strækʃn rozproszenie
- <sup>92</sup> domestic chores də'mestɪk tʃɔ:ɪz obowiązki
- <sup>93</sup> domowe
- <sup>94</sup> ever-present 'evə(r) 'preznt wciąż obecny
- <sup>95</sup> perception pə'sepʃn ostrzeżenie
- <sup>96</sup> depending on sth dɪ'pendɪŋ ɒn 'sambɪŋ
- <sup>97</sup> w zależności od czegoś
- <sup>98</sup> cognitive bias 'kɒɡnətɪv 'bi:əs błąd poznawczy
- <sup>99</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>100</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>101</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>102</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>103</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>104</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>105</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>106</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>107</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>108</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>109</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>110</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>111</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>112</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>113</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>114</sup> to be more likely ts'bi: mɔ:('li:kli) ts'
- <sup>115</sup> to be more likely ts'bi: mɔ:('li:kli) ts'

- <sup>116</sup> aforementioned ə'fɔ:rmə'neɪd wyżej wspomniany
- <sup>117</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>118</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>119</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>120</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>121</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>122</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>123</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>124</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>125</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>126</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>127</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>128</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>129</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>130</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>131</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>132</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>133</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>134</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>135</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>136</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>137</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>138</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>139</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>140</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>141</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>142</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>143</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>144</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>145</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>146</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>147</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>148</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>149</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>150</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>151</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>152</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>153</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>154</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>155</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>156</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>157</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>158</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>159</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>160</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>161</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>162</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>163</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>164</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>165</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>166</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>167</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>168</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>169</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>170</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>171</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>172</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>173</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>174</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>175</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>176</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>177</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>178</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>179</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>180</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>181</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>182</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>183</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>184</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>185</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>186</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>187</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>188</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>189</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>190</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>191</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>192</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>193</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>194</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>195</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>196</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>197</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>198</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>199</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>200</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>201</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>202</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>203</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>204</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>205</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>206</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>207</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>208</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>209</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>210</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>211</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>212</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>213</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>214</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>215</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>216</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>217</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>218</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>219</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>220</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>221</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>222</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>223</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>224</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>225</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>226</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>227</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>228</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>229</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>230</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>231</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>232</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>233</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>234</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>235</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>236</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>237</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>238</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>239</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>240</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>241</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>242</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>243</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>244</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>245</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>246</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>247</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>248</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>249</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>250</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>251</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>252</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>253</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>254</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>255</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>256</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>257</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>258</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>259</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>260</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>261</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>262</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>263</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>264</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>265</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>266</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>267</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>268</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>269</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>270</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>271</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>272</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>273</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>274</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>275</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>276</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>277</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>278</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>279</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>280</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>281</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>282</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>283</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>284</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>285</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>286</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>287</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>288</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>289</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>290</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>291</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>292</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>293</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>294</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>295</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>296</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>297</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>298</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>299</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>300</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>301</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>302</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>303</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>304</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>305</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>306</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>307</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>308</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>309</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>310</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>311</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>312</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>313</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>314</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>315</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>316</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>317</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>318</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>319</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>320</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>321</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>322</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>323</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>324</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>325</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>326</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>327</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>328</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>329</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>330</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>331</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>332</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>333</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>334</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>335</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>336</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>337</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>338</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>339</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>340</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>341</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>342</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>343</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>344</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>345</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>346</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>347</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>348</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>349</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>350</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>351</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>352</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>353</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>354</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>355</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>356</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>357</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>358</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>359</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>360</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv
- <sup>361</sup> to take sth out of equation ts'teɪk 'sambɪŋ aʊt əv