

PROCRASTINATION

If I could only find the motivation. . .

***Procrastination is simply not doing something...
And then you lie to yourself by saying that you did want to
do it!***

Many people do not want to accept this definition because it ultimately makes them responsible for their procrastinating. People who label themselves as usually procrastinators blame/judge themselves, thereby creating an illusion of powerlessness. The good news is that you can change it by accepting responsibility that it is your fault.

I really cannot look at procrastination without also looking at motivation. "You see, if I could only find the motivation, I wouldn't procrastinate (it is not my fault)!" People who blame the lack of motivation for not getting things done put the problem outside themselves.

Procrastination and motivation are two sides of one coin. Many people make this more difficult than it is. "If I could only find the motivation, I would do it." Again, let us define the problem. ***Motivation is simply wanting to do something bad enough that you do it.*** You confuse yourself by pretending that you are looking for motivation as though you were looking for the car keys so that you can get started. "I can't get motivated on this project. (There must be something wrong with me)."

The truth is, you didn't want to do it, so you didn't do it. But if you told the truth, you would feel guilty because "I should want to do it." Now, the problem builds, and you feel even more guilty and powerless. The more powerless you feel, the harder it becomes to be "motivated." The more powerless she feels the more you will pile on the "I should" and the more "I should" you have the more powerless you will feel.

Viewing motivation as caused by an external source or a mental deficit reinforces the sense of powerlessness and results in a downward cycle and to a low self-image.

Most of us believe that we should be doing more than we do. We feel guilty that we are not living up to our full potential. Since we were children, the messages result from what we have heard: "You're not really trying. You're lazy and irresponsible." Each of these messages becomes a part of our low self-concept and a part of the problem of motivation.

As adults, the same thoughts and feelings interrupt your concentration at work and home. These messages bug you all week and on the weekends. The result is that you then work at trying to change these beliefs by "motivating" yourself to do more. You believe that if you just did more, you would feel good about yourself. The next thing you know is that you have become a human doing, trying, and failing instead of a human being.

Try telling yourself, "I don't want to do this, and I will not do it until it is important enough to do it. Can you trust yourself?"

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