

THE PROCRASTINATION TEST

Put an X in the box that best describes how you feel and behave.

	0 Not at All	1 Somewhat	2 Moderately	3 A Lot
1. I often put things off because I don't feel like Doing them.				
2. I often tell myself, "I'll do it later when I'm in The mood."				
3. I often give up when things are harder than I Expected.				
4. I get frustrated when things don't come Easily.				
5. I avoid tasks because I'm afraid I might do a Bad job.				
6. I'd rather not do something than try and Fail.				
7. I don't like to do things if I can't do them Perfectly.				
8. I often worry that I won't do a really Outstanding job.				
9. I'm often critical of what I do, even if I do a Good job.				
10. I don't usually feel very good about my Accomplishments.				
11. I often feel guilty about all the things I <i>should</i> be doing.				
12. I put things off and then I feel guilty about not doing them.				
13. I usually feel reluctant to talk to someone I'm angry or upset with.				
14. I often avoid dealing with conflicts with other people.				
15. I often agree to do things I don't really want to do.				
16. It's hard for me to say no to people.				
17. I don't like it when people act bossy and try to tell me what to do.				
18. I dig in my heels when people make demands on me.				
19. I usually don't feel very enthusiastic about the things I have to do.				
20. I don't really want to do a lot of the things I have to do.				

Procrastination Test Score

Name: _____

	Item Numbers	Mind-set	Your Score	
	1 +2	Putting the Cart Before the Horse		
	3+4	The Mastery Model		
	5+6	Fear of Failure		
	7+8	Perfectionism		
	9+10	Lack of Rewards		
	11 + 12	"Should" Statements		
	13 + 14	Passive Aggression		
	15 + 16	Unassertiveness		
	17 + 18	Coercion Sensitivity		
	19 + 20	Lack of Desire		
	ALL	Total Score:		