

The Cure for Procrastination

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TODAY'S ARTICLE:

The Cure for Procrastination

We all procrastinate. Sometimes it doesn't matter much. In our businesses, though, it matters a lot. Procrastination is really fear in disguise. We are all afraid of becoming something new and growing larger. It's wired into our brains to be afraid. Find out more about the roots of our avoidance behaviors, and try this recommended cure for procrastination.

Fear disguises itself as procrastination

Here are some ways that fear sometimes disguises itself as procrastination for myself, my clients, and my colleagues.

- I don't have time.
- Who wants what I offer?
- I could fail.
- I don't care.

- I don't want to.
- I have to organize, clean, learn some more....
- There's so much to do in the house, on my job, with my spouse, with the kids....

Notice that all of these are thoughts that, if you believe them, become avoidance actions.

Regardless of the disguise, fear will cause us to freeze, fog, or run.

Freeze is when we don't do anything. Fog is when we can't think of what to do, even though we have lists and knew what to do earlier. Run is when we watch TV, shop, or engage in other activities to escape activities that lead to our goals.

Anger intensifies fear and avoidance.

The more we avoid our true goals, the more we get angry at ourselves. We don't like feeling this way, so we avoid our feelings. We freeze, fog, or run response in a vicious cycle. We do more of our avoidance activities and feel more angry at ourselves.

[Read the rest of the article to see the cure for procrastination.](#)

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I value your readership and your interaction. Please comment on the blog posts or reply to this e-mail. Let me know about your experiences, share tips, ask questions, and tell me what you want to read and learn.

Best regards,

Holly

Holly Genser, MA, CTA-CC

Information Marketing Writer, Coach & Consultant

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Website: www.HollyGenser.com

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