

# Self-reflection on procrastination behavior

## Introduction and instruction

Procrastination behavior is often associated with inner blockages that you are not aware of. This questionnaire is designed to help you take a "look behind the scenes" to uncover possible blockages.

What do I study in which semester?

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What I like about my field of study:

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What I don't like about my field of study:

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What am I happy with in my course of study so far?

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What am I unhappy with in my course of study so far?

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How motivated do I think I currently am in my studies (on a scale of 0- 10, with 0 = not motivated at all to 10 = very motivated)?

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What changes when I graduate? (e.g. parents are proud, but also more responsibilities etc.)

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What do these changes mean for me? (e.g. relief because the studies have finally been completed, but also fear of starting a career, etc.).

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What other commitments do I have besides my studies?

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Since when do I procrastinate?

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What specifically do I do when I procrastinate (e.g., watch TV/series, go online, etc.)?

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What specific tasks do I tend to postpone most often (e.g., preparing for exams, responding to important emails, filing taxes, etc.)?

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What do I suspect is why I'm procrastinating?

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What are the benefits of procrastination to me?

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What are the disadvantages of procrastination for me?

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What is my most embarrassing or painful experience related to procrastination?

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What have I already done to reduce procrastination?

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