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| Benefit of procrastination | Cost of procrastination | What is the impact of my procrastination in the long term? |
| *Example: Procrastination reduces my anxiety around assignment writing.* | *Example:*  *I feel like I’m failing my class because I’m not getting my assignment written.* | *Procrastination only reduces my anxiety for a short period, after I have been procrastinating I feel more anxious than before because I have less time to do my work and feel overwhelmed.* |

The reason procrastination will keep occurring in your life is because there is some sort of benefit you feel from it. For this exercise, list the benefits (what you gain by procrastinating) and the costs (what you lose by procrastinating) and consider what are the long-term impacts of both. How do the costs and benefits weigh up?