

PROCRASTINATION

PURPOSE: To look at procrastination and examine its effect on myself, my spouse and others.

DIALOGUE QUESTIONS BEFORE WRITING PRESENTATION:

Before preparing your presentation, answer the following questions in writing and then dialogue on them.

1. When I procrastinate, I feel.....
2. Do I enjoy procrastinating? Why/why not?
3. What are my motives for procrastinating: Does procrastination lead to stress for me?
4. What are some of the issues, jobs, tasks, etc. that lead to procrastination? HDTMMF?
5. What impact does my procrastination have on my spouse? On our relationship?
6. When my spouse procrastinates, I feel.....
7. When I know I have a deadline, I usually respond by..... HDIF then?
8. When I procrastinate on the job, I feel.....

TELEPHONE QUESTION FOR COUPLES:

Ask them to dialogue on question number two.

OUTLINE FOR PRESENTATION:

Suggested time for your presentation is twenty minutes.

I Introduction

- A. State the purpose of the talk as given above.
- B. Define procrastination. You may wish to refer to the following magazine article: "Why People Procrastinate - Is There A Cure?" US News And World Report (24 Oct. '83).

III Body

- A. Tell how and why you procrastinate at home and/or at work. How do you feel when you procrastinate?

- B. Describe the effect that the procrastination of others has on you, your spouse, your children, co-workers, friends, relatives.

III Conclusion

- A. Describe how you approached writing this talk.
- B. Share any insights you gained by giving this talk.

SHARING QUESTION FOR THE MEETING (BEFORE PRESENTATION):

Recently, I procrastinated about.....and I felt.....

DIALOGUE QUESTION FOR THE MEETING (AFTER PRESENTATION):

Ask them to dialogue on question number five.

SCRIPTURE READING:

Ecclesiastes 3:1-8