**Avoidance Log**

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| --- | --- | --- | --- | --- | --- | --- |
| **Date/Time**  | **What am I avoiding?**  | **Feelings contributing?**  | **Thoughts contributing?**  | **How did I justify avoiding?**  | **Outcome?** | **What can I do to engage?**  |
| *March 28:30pm* | *Studying biology*  | *FrustrationBoredom* | *-I’m never going to pass this class-There’s too much to learn before the midterm* | *Told self that I’m not motivated enough to do this right now* | *-Guilt-Panic**-Staying up late to finish* | *-Start by forcing self to study for just 5-10 minutes initially-Plan frequent breaks*  |
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|  |  |  |  |  |  |  |

Knaus, 2002

**Monitoring Time**

On the following table, write down the activities you plan to do in the next few days and how long you think each task will take you. Be specific in identifying the tasks. E.g. Read 3 journal articles. Get 3 journal articles from library. Then, as you do the tasks, monitor how long it actually takes you and write this down.

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| --- | --- | --- |
| **TASK** | **ESTIMATED TIME**  | **ACTUAL TIME**  |
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| --- | --- |
| **Potential Barriers** | **Strategies** |
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**Additional Resources :**
Decks, C. S. (2007). *Mindset: The new psychology of success.* New York, NY: Balantine Books.

Kearns, H. & Gardiner, M. (2009). *The ultimate time management guide for GPs*. Flinders University.

Knaus, W.J. (2002). *The procrastination workbook: Your personalized program for breaking free from patterns that hold you back*

Schouwenburg, H. C. (1995). Academic procrastination: Theoretical notions, measurement, and research. In J. R. Ferrari & J. L. Johnson (Eds.), *Procrastination and task avoidance: Theory, research, and treatment*.