

Discovering Your Procrastination Style: Six Self-Assessment Quizzes

Directions

1. Complete each of the six quizzes as follows:

- After considering each question as honestly as you can, circle the answer that best reflects your own experience.
- After completing all of the questions in a single quiz, count the number of times you circled 'frequently', multiply this number by 2, and enter the total in the space marked 'SUBTOTAL Fx2'.
- Count the number of times you circled 'sometimes' and enter this total in the space marked 'SUBTOTAL S'.
- Add the two SUBTOTALS and enter the total in the space marked 'TOTAL SCORE'.

2. After completing all six quizzes, complete the section entitled 'My Major and Minor Procrastination Styles' as follows:

- In the column marked 'Total Score', enter the total score for each quiz.
- In the column marked 'Major', enter a check mark next to any style for which your total score is 10 or above.
- In the column marked 'Minor', enter a check for any style you scored 5-9.
- In the column marked 'Rank', enter the appropriate rank as follows: 1=highest total score, 2=next highest and so on. If two or more styles have the same total score, then give them the same rank.

Perfectionist Procrastinator Quiz

- Do I get preoccupied with details, rules, or schedules that others don't seem to care much about?
frequently sometimes rarely
- Do I have difficulty starting or completing a project because my own standards haven't been met?
frequently sometimes rarely
- Am I reluctant to delegate tasks or work with others unless they do things my way?
frequently sometimes rarely
- Do others comment on my being rigid, stubborn, or finicky?
frequently sometimes rarely
- Am I critical of what I've accomplished or how long it took me to do it?
frequently sometimes rarely
- Am I satisfied with what I do only if it is as good as it can possibly be?
frequently sometimes rarely
- Do I look on my failures as embarrassments that I would hate to mention or have revealed?
frequently sometimes rarely
- Do I have difficulty maintaining a sense of humor while I'm struggling to do something new?
frequently sometimes rarely
- Do I feel upset or humiliated if I don't do something as well as one of my peers?
frequently sometimes rarely
- Do I think about situations in extremes – black or white – ignoring the gray area in between?
frequently sometimes rarely

SUBTOTAL Fx2 = ____

SUBTOTAL S = ____

TOTAL SCORE = ____

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Dreamer Procrastinator Quiz

1. Do I think a lot about what I'd like to accomplish but rarely get projects off the ground?
frequently sometimes rarely
2. Do I wait for opportunities to drop into my lap rather than take an active approach?
frequently sometimes rarely
3. Do I let lots of time drift by with passive activities like watching TV, daydreaming, or hanging out?
frequently sometimes rarely
4. Do I spend more time thinking about the finished project than about the details needed to get it done?
frequently sometimes rarely
5. Do I long to be able to from A to Z without having to deal with the stuff in between?
frequently sometimes rarely
6. Do I wish someone else would handle the bothersome details of life, freeing me to do what I really want?
frequently sometimes rarely
7. Do I find myself thinking or speaking words like, "I'll try to..." or "Someday I will..."?
frequently sometimes rarely
8. Do other people sometimes accuse me of being a dreamer, of having my head in the clouds?
frequently sometimes rarely
9. Do I do what I feel like at the moment, forgetting or ignoring previous plans or priorities?
frequently sometimes rarely
10. Do I expect great things from myself, but wonder why they never seem to happen?
frequently sometimes rarely

SUBTOTAL Fx2 = ____

SUBTOTAL S = ____

TOTAL SCORE = ____

Worrier Procrastinator Quiz

1. Do I have difficulty making decisions, vacillating about what I should do?
frequently sometimes rarely
2. Do I need – or seek – approval, advice, or assurance from others before I do things?
frequently sometimes rarely
3. Do I have trouble starting projects or working on my own because I doubt my judgment or ability?
frequently sometimes rarely
4. Do I think things are too much for me, or worry about overdoing it?
frequently sometimes rarely
5. Do I hesitate to leave my "comfort zone", avoiding situations that might cause stress or anxiety?
frequently sometimes rarely
6. Do I become easily agitated when something disrupts my normal routine?
frequently sometimes rarely
7. Do I avoid situations that are unpredictable or may be uncomfortable?
frequently sometimes rarely
8. Do I sometimes paralyze myself before starting work on a project, wondering about the "what if's"?
frequently sometimes rarely
9. Do I exaggerate the trouble that might arise from a situation, or minimize my ability to cope with it?
frequently sometimes rarely
10. Do I think I could do more – or better – if somebody would take me by the hand and be there for me?
frequently sometimes rarely

SUBTOTAL Fx2 = ____

SUBTOTAL S = ____

TOTAL SCORE = ____

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Crisis-Maker Procrastinator Quiz

1. Do I ignore important tasks, then, at the last minute, work frantically to get them done?
frequently sometimes rarely
2. Do I feel that life is chaotic, and that I can never be sure what the next day will bring?
frequently sometimes rarely
3. Do my moods change rapidly and dramatically?
frequently sometimes rarely
4. Do I get easily frustrated and show it by displaying anger or quitting?
frequently sometimes rarely
5. Do I act in ways that other people find provocative, seductive, or attention getting?
frequently sometimes rarely
6. Am I easily influenced by circumstances, responding to the need of the moment?
frequently sometimes rarely
7. Do I enjoy – or pride myself on – taking risks or living on the edge?
frequently sometimes rarely
8. Do I tend to get very involved with someone or something, then abruptly detach myself and move on?
frequently sometimes rarely
9. Do I think of my life as so dramatic that it could be made into a soap opera?
frequently sometimes rarely
10. Do I prefer action, having little patience for things that are too slow, predictable, or safe?
frequently sometimes rarely

SUBTOTAL Fx2 = ____

SUBTOTAL S = ____

TOTAL SCORE = ____

Defier Procrastinator Quiz

1. Do I become sulky, irritable, sarcastic, or argumentative when asked to do something I don't want to do?
frequently sometimes rarely
2. Do I work deliberately slowly or ineffectively in order to sabotage a task I don't like doing?
frequently sometimes rarely
3. Do I feel resentful or manipulated when I wind up having to do something unexpectedly?
frequently sometimes rarely
4. Do I feel that others make unreasonable demands on me?
frequently sometimes rarely
5. Do I avoid obligations by claiming I've forgotten them or they're not important?
frequently sometimes rarely
6. When people ask me why I did or didn't do something, do I feel they are hassling or nagging me?
frequently sometimes rarely
7. Do I believe that I'm doing a better job than others think – or say – I'm doing?
frequently sometimes rarely
8. Do I take offense at suggestions from others regarding how I could do things differently?
frequently sometimes rarely
9. Do others accuse me of – or get annoyed with me for – failing to do my share of work efficiently?
frequently sometimes rarely
10. Do I frequently criticize or ridicule people who are in authority?
frequently sometimes rarely

SUBTOTAL Fx2 = ____

SUBTOTAL S = ____

TOTAL SCORE = ____

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Overdoer Procrastinator Quiz

1. Do I run around doing things, without really feeling that I'm accomplishing very much?
frequently sometimes rarely
2. Do I have difficulty saying "no" to people who ask for help, yet feel resentful later on?
frequently sometimes rarely
3. When I'm doing a task, do I wonder, "How did I get myself into this"?
frequently sometimes rarely
4. Do I have a strong need for approval from other people?
frequently sometimes rarely
5. Do I find myself complaining, "I have no time", "I have too much to do", or "I'm too busy"?
frequently sometimes rarely
6. When I get unexpected free time, do I keep finding things to do instead of catching up with old things?
frequently sometimes rarely
7. Do I have a strong need to be self-reliant and hate to ask someone else for help?
frequently sometimes rarely
8. Do I get over involved in other people's problems, postponing attention to my own?
frequently sometimes rarely
9. Do other people regard me as someone who will drop everything if and when they need me?
frequently sometimes rarely
10. Do I enjoy being busy, but secretly think that maybe I don't know how to be any other way?
frequently sometimes rarely

SUBTOTAL Fx2 = ____

SUBTOTAL S = ____

TOTAL SCORE = ____

My Major and Minor Procrastination Styles

STYLE	TOTAL SCORE	MAJOR (10+)	MINOR (5-9)	RANK
Perfectionist	_____	_____	_____	_____
Dreamer	_____	_____	_____	_____
Worrier	_____	_____	_____	_____
Crisis-Maker	_____	_____	_____	_____
Defier	_____	_____	_____	_____
Overdoer	_____	_____	_____	_____