

Pros and cons – example:

Procrastination

Most of the time, the positive consequences of activities that seem demanding to us only are only revealed over the long term. Therefore, think about the short- and long-term advantages and disadvantages of putting things off. Then decide for or against procrastinating.

Objective of the exercise:

Learning to deal with short-term frustration/unease better by reminding yourself of your long-term targets.

Here is an example:

	Pros	Cons
Short term	<ul style="list-style-type: none"> • I don't have to study. • I have more leisure time. • I have more fun. • I avoid uncomfortable feelings. • I'm relaxed. • I do other things that would otherwise still need doing (cleaning, shopping, etc.). 	<ul style="list-style-type: none"> • I feel guilty. • I have to explain myself to others (friends, family) when they ask. • I'm stressed because I know I still have to do something important.
Long term	<ul style="list-style-type: none"> • The problem will resolve itself anyway (perhaps). 	<ul style="list-style-type: none"> • I don't get any closer to finishing my degree. • I'm frustrated. • I value/feel ashamed of myself. • I have no sense of achievement. • I am a disappointment to myself and others. • The obstacle in the way of getting things done is growing bigger and bigger. • I didn't do as well as I could (e.g. in the exam). • Health and financial problems