

Manage Procrastination and Avoidance

Some of these difficulties may be based in the primary symptoms of ADHD, such as by getting distracted to other tasks or forgetting about a project. The avoided tasks may be too boring to inspire you into action. However, you may also avoid or put off tasks that you feel probably won't work out well anyway or that get you too stressed just thinking about it. If this is the case, it may be worth seeing a therapist to work on developing a more active approach to tackling these kinds of demands with less interference from negative thoughts and feelings.

- Keep in mind the potentially high price paid for procrastinating—stress and disaster if you miss the deadline.
- If the problem is based in not knowing how to do something well, then learn the necessary skills so you can do the task more easily and quickly.
- Break big projects into smaller pieces so it feels less awful and overwhelming, then give yourself small rewards for meeting interim deadlines. If you have difficulty visualizing the whole project and how the pieces fit together, then recruit some help with it from a coach, therapist, romantic partner, friend, or coworker.
- Make a commitment to someone else to complete the task—use social pressure to your advantage.
- Intersperse boring and enjoyable activities. The more enjoyable activities may simply be less boring than the primary activity, but at least it provides a break of sorts.
- If the thought of a long stretch of working on the dreaded activity is too much to bear, then make a commitment to only do ten minutes and see how it goes. If it's going well, then agree to another ten minutes. Often these activities are not so awful once they are actually started. It's getting over the initial hump that's the hardest.
- Severe procrastination may be telling you that you are better off doing something else, having someone else do it for you, or finding a new way of doing something.