



## What am I afraid of?

Is there something you can't stop procrastinating over? Something you've been putting off? Something that seems to be taking you *forever* to get done? Take a break from beating yourself up, and instead work on getting to the bottom of the problem by being curious and non-judgmental about why you're holding back. To help you, here are some questions to ask yourself about your reluctance, along with some suggestions about things to think about as you answer. There's space for some brainstorming on the next page!

Why is doing this thing important to me?

*Which of my core values are served by doing it? Is it really important to me, right now, or do I feel obliged to do it because it's important to other people or because it's something that used to be important to me?*

What happens if I do this thing?

*How will doing it make my life go better? What opportunities will it open up for me? What opportunities will it close off to me? If I do this thing, will I be glad that I did it a year from now?*

What happens if I don't do this thing?

*Will I lose out in some way? Will I disappoint people? Will I free up time and energy to devote to other things? If I don't do this thing, will I regret not having done it a year from now?*

Are there risks involved in doing this thing?

*Does it involve a commitment that I am happy to make? Am I sure it's the right option for me at this time? Am I afraid of changing my mind?*

Am I able to do this thing?

*Do I know what I'm doing, and how to go about it? Do I have the skills, information, time, energy, support, and other resources I need in order to do it? If there are several possible ways to do it, am I confident about what the appropriate next step is?*

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