FORM 11.11

Doing What I Don't Want to Do

A lot of us get stuck because there are some things we just don't want to do. It may be because we think those things will be unpleasant, we might not do well, or we shouldn't have to do things we don't want to do. Some of us wait to feel "ready," but that seldom occurs—so we keep procrastinating. In the first column of the form below, list a few behaviors that, if you did them, would make things better. These are behaviors you currently avoid. In the second column, list some of the reasons why you don't do this behavior. In the third and fourth columns, list the costs and benefits of doing the behavior.

Behaviors I avoid doing because I don't want to do them	**Why I don't want to do them**	**Costs of doing them**	**Benefits of doing them**

(continued)

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Now let's see what happens when you actually choose to do things you don't want to do. In the first column below, list the behaviors you don't want to do. In the second column, list behaviors you are *willing to try*, even if you don't want to do them. If you did this behavior, in the third column list the feelings and thoughts you had while doing it. In the fourth column, list how you felt and what you thought after doing this. What do you conclude?

Behaviors I avoid doing because I don't want to do them	**What I am willing to try doing**	**What I felt and thought while doing it**	**What I felt and thought after I did it**
What conclusions do you draw from doing this exercise?			
Could this be a way to develop self-discipline?			