

## **Structured Experience 12-8: Excuses, Excuses**



### **GOALS**

The goals of this experience are to

- ◆ Illustrate how easy it is to engage in procrastinating self-talk.
- ◆ Enable participants to change their self-talk to be more productive.
- ◆ Share strategies for how to defeat a cycle of procrastination.

### **MATERIALS**

Materials needed for this structured experience are



- ◆ Writing instruments
- ◆ Copies of Handout 12-1: Procrastinating Phrases for all participants



### **TIME**

- ◆ 5 minutes for setup and to form small groups
- ◆ 20 minutes for creating alternate phrases in Handout 12-1
- ◆ 10 minutes for debriefing

### **INSTRUCTIONS**

1. Divide participants into groups, each with four or five people.
2. Distribute copies of Handout 12-1: Procrastinating Phrases to everyone.
3. Have participants read through the statements listed on Handout 12-1 and review the examples provided. Explain that they will have approximately 20 minutes to work through and create new statements in place of the procrastinating phrases and that you will then ask for volunteers to share their changes with the large group.
4. When ready, move on to the debriefing.

### **DEBRIEFING**

Take approximately 10 minutes to discuss the changes the small groups made to the procrastinating phrases. Work through each statement, seeking an example from each group. Then lead the debriefing into a discussion of whether they have used some of the procrastinating phrases in their own self-talk and the value of working through this exercise. How will they change their self-talk when they are tempted to procrastinate now?