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Procrastination cure

PROCRASTINATION may not be a sin but, for all the grief it causes, it probably should be.

But offenders can take heart as Flinders University researchers have found a cure.

Cognitive behaviour therapist Hugh Kearns and clinical psychologist Maria Gardiner say people vacillate for a range of reasons, most commonly setting unrealistic standards.

Key practical strategies include getting started, which stimulates motivation; choosing an easy part of the task for starting; and building in rewards for completed task phases. Researchers say procrastinators use displacement activities and self-sabotaging strategies as "excuses" which remove their "guilty black cloud".