

# THE EXTRA POINT

BY JERRY ROBERTS



## # 387 What Kind of Procrastinator are You? – Part 3

Procrastination can affect everybody from time to time. I'm Jerry Roberts and today we finish up our discussion on the various types of procrastinators we see in our lives, plus ways to hopefully help them. That's coming next on The Extra Point.

The last couple of days we've been looking at the issue of procrastination and its various types. If you'd like transcripts of the two previous programs, go to [guamtraining.com](http://guamtraining.com) and download numbers 385 and 386.

We're taking information from Dr. Linda Sapadin, a licensed psychologist and author of several books, including *It's About Time! The Six Styles Of Procrastination*, and also *How to Overcome Them and How To Beat Procrastination In The Digital Age*, then adding ideas we know have worked for others.

5. The Defier. That sounds like someone who is a bit of a challenge, doesn't it? First off, this is not a person who stands up in the middle of a meeting and boldly screams, "I will not move forward on that project...I stand my ground!" It's not that dramatic, or at least I hope it's not.

Sapadin says there are two types of "defiers". One is the person who refuses to do things because they don't want to be tied to a set of expectations, and the other says they'll do something — but they don't.

There is an element of fear in the person who doesn't like being connected to expectations. You might probe a little and ask if they've had a bad experience in the past where a former employer got on their case because it was felt they fell short of a desired goal. Sometimes, a little assurance that you're behind them and will help or that you'll work them through a tough situation, will give them encouragement they need to move forward. If people feel they have the room to fail and grow through that, this shouldn't be a major sticking point.

People who defy through not doing what they say they will, usually draw the anger of others who are relying upon them to do their share of the work, or perhaps deliver something at a previously agreed upon time. One way to deal with this is to show this person the impact of their decisions. In many cases it just wasn't clear to them how their actions affected others.

6. The Pleaser. As the name would imply, the pleaser hates to disappoint people. They find it difficult to say no, so as a result they often take on more — maybe a lot more — than they can reasonably handle. They wind up buried in a pile of work, don't prioritize well, and they procrastinate because there's too much to do.

Pleasers need to be taught (and encouraged) to use the magic word "no," and this is very hard for some people. The desire to help others and be liked is a big part of who they see themselves as being, and changing that view is not easy. One way is to show them, with a look at their actual results, that taking on too much ends up with less actually accomplished, and that's not good for the people they want to help.

Graciously declining a request or taking on only a part of it, or saying you can do it a few days later is often better for everybody involved. "Procrastination is something we all do," says Sapadin, and with a few simple strategies we can adapt, get more done, and be happier.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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