

Procrastination, Motivation & Imposter syndrome

PV236 – Time management & Effectiveness

1.11. 2021

Josef Spurný

Do you procrastinate globally or locally?

- Everyone procrastinates, from time to time
- Do I have a problem?
 - Ongoing, recurrent procrastination
 - Procrastinating enjoyable activities
 - Struggling to deliver school/work tasks in time
 - Subjective feeling that something is wrong, but I can't help myself

Two aspects of procrastination

- Emotional

- I must do things that I do not like

→ *Do I even know what I enjoy?*

- Cognitive

- I must do vaguely defined tasks
- I am not sure how to solve it
- Choice paralysis

→ at the end of the day, it is still an emotional problem – uncertainty, lack of self-confidence
= impaired ability to make decisions

It's in your personality

Do you see your life like a book, or like a collection of stories?

It's in your personality

- Key concept: stability of personality
 - Attachment theory
 - “Nature vs Nurture”
 - Structure of neuronal network
 - Fragility / Rigidity / Flexibility
 - Ability to adapt
 - Ability to integrate experience
 - Ability to maintain long-term patterns (of relationships, interests...)
 - Tendency for specific reactions under stress (also psychosomatic – migraines, eczema, irritable bowel syndrome...)
 - Borderline personality structure

It's in your personality

- What to do about it?
 - Self-awareness
 - Self-development (vs personal development)
 - Therapy / Coaching (aka “guided introspection”)
 - Seek meaning

Noögenic Neurosis – “The neurosis of the modern man is the inability to give meaning” Viktor Frankl

Know yourself to ride the procrastination horse

- Time management paradox
 - using TM tools and techniques to advocate procrastination
- Do you need stress to get to “your” performance level?
 - Concept of “psychological hardiness”

Narcissistic equilibrium

- A balance between “wants” and “musts”
- In psychoanalytic terms: ego and superego
 - Ego = your values, attitudes, desires
 - Superego = internalized authority (parent, boss, teacher...)
 - “guilty consciousness”

In order to deliver duties, your ego has to be saturated

→ *Long-term disequilibrium leads to burnout syndrome*

→ *Manage your narcissistic equilibrium (resources vs expenses)*

Emotional saturation – focus on resources

There is no universal guide – you have to know yourself

- Do hobbies
- Relax in a way you enjoy
- Do anything what would bring you positive emotions
- Reward in form of acknowledgement / appreciation

Free time is not a wasted time!

Emotions → Will

- Actions require energy levels
- Reasoning does not bring energy, emotions does!
- Non-living vs living entities
 - *“only dead fish swim with the stream”*
- Self-feeding cycles
 - The more efficient cycles, the greater the potential for longer lifespan
- Will may be perceived as higher-order emotion, a token of mental metabolism
- Burnout / depression → lack of will

Caution: teacher's subjective opinion!

- In the long term, you cannot “solve” procrastination just by pushing yourself to do things you do not want to do (by using tools/techniques)
 - This way you are only getting more efficient at discharging your battery
 - *Burnout syndrome*
 - *Psychosomatic symptoms / diseases*
 - *Stress, aggression, easy irritation*
 - These techniques should be combined with maintenance of narcissistic equilibrium, and self-awareness

Impostor syndrome

ME: Happy that someone complimented me
ALSO ME: kinda sus



IMPOSTOR (SYNDROME)

Do you suffer from impostor syndrome?

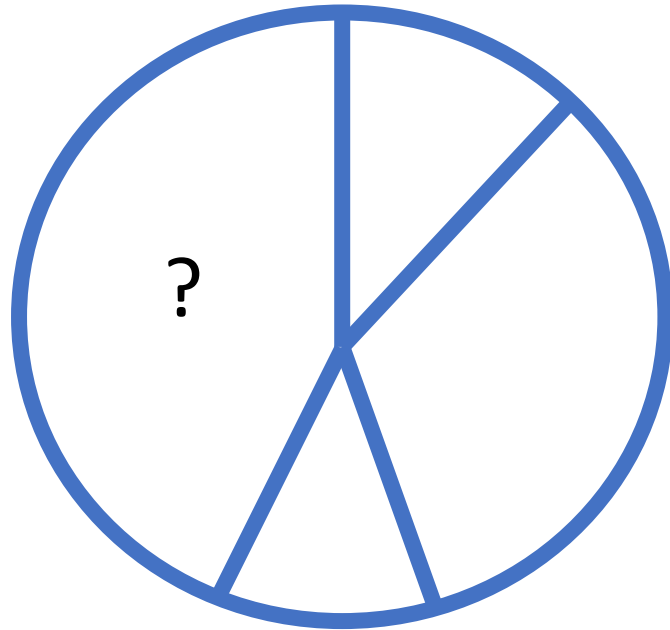
- Objectively, you perform well
- Subjectively, you think you underdeliver
- You procrastinate because you think you will underdeliver anyway
- You tend to doubt appreciation or compliments from others
- You fear that one day others will find out

Impostor syndrome – root cause

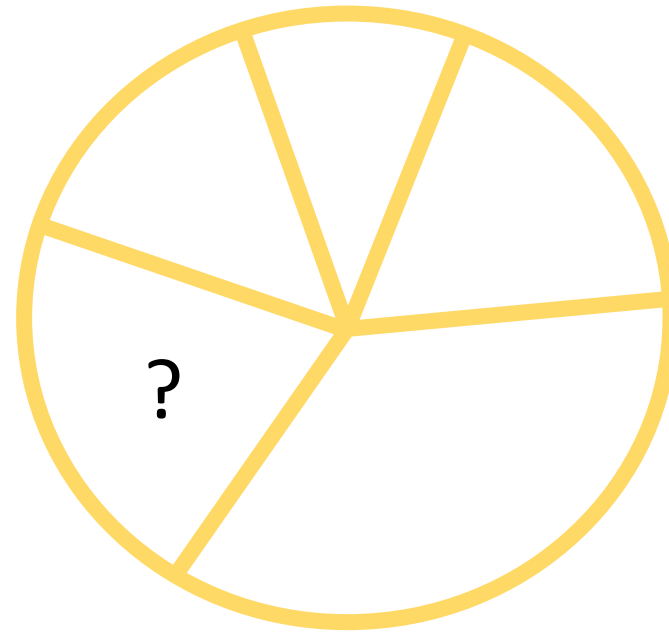
- Psychologist: lack of self-confidence ← attachment
- Sociologist: socially constructed problems and/or inequalities (e.g., gender, race) at workplace

Homework assignment

Resources



Expenses



- What charges and discharges your battery?
- How much time do you invest in these activities?
- Does the greatest expense also take the most time?
- Can you recharge the battery without guilty consciousness?