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# Procrastination Inventory

Answer each question with:

**A=always; B=usually, C=sometimes; D=seldom; E=never**

1. I pay my bills as I receive them.
2. I turn my school assignments in by their due dates.
3. I secretly believe that I am better than most other people.
4. I have difficulty making minor decisions (i.e. appointments, phone calls).
5. I hate the thought of being “average” or mediocre.
6. I delay doing things which make me uncomfortable.
7. I procrastinate doing house work.
8. It is difficult for me to do things of which other disapprove.
9. Competing scares me.
10. I am afraid that if I am too independent I will lose support from others.
11. I tend to feel that there’s just one right way to do things.
12. My parent(s) expect(s) me to be extremely successful.
13. Making commitments about what I will or can achieve scares me.
14. I am less likely to do tasks I “should” do than ones “I chose” to do.
15. I believe that anything worth doing should be done perfectly.
16. I tend to feel overwhelmed by the amount of work I need to do.
17. I delay doing things regardless of how much I enjoy or don’t enjoy them.
18. I procrastinate paying the bills.
19. The trouble with being successful is that others are envious.
20. I will do almost anything to avoid being rejected.
21. I am scared of people in authority (i.e. parents or teachers).
22. I do my class assignments as they are given.
23. My parent(s) expect(s) me to be an “A” student.
24. I feel I must be a success to be loved.
25. I wait until the last minute to work on school assignments.
26. I have difficulty asking questions which reveal my lack of understanding or knowledge.
27. The thought of starting school assignments makes me very uncomfortable.