

Procrastinator

TED Talk



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Speaker: Tim Urban

Title: Inside the mind of a master procrastinator

Vocabulary

Rational Decision-Maker

The part of the brain that wants to make logical, productive choices.

"Instant Gratification Monkey"

This metaphor represents the impulsive, pleasure-seeking side of the brain that distracts us from work.

"Dark Playground"

This is where procrastinators waste time on unearned fun, feeling guilty and anxious.

"Panic Monster"

This is the "last-minute" fear response that pushes procrastinators into action right before a deadline.

What is “Procrastinator” ?

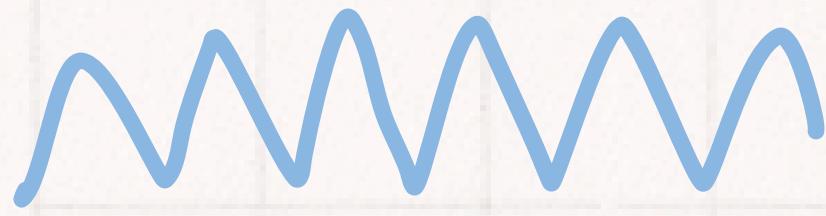
Procrastination: The act of delaying or postponing tasks despite potential negative outcomes.

Procrastinator: someone who keeps delaying things that must be done





Types of Procrastination



There are mainly 3 different types of procrastinator.

Basically, people procrastinate things by these reasons.

01.

The Avoider:

Someone who fears failure or imperfection so that tries to avoid completing tasks.

02.

The Indecisive:

Someone who overthinks every decision and can't make any decisions himself.

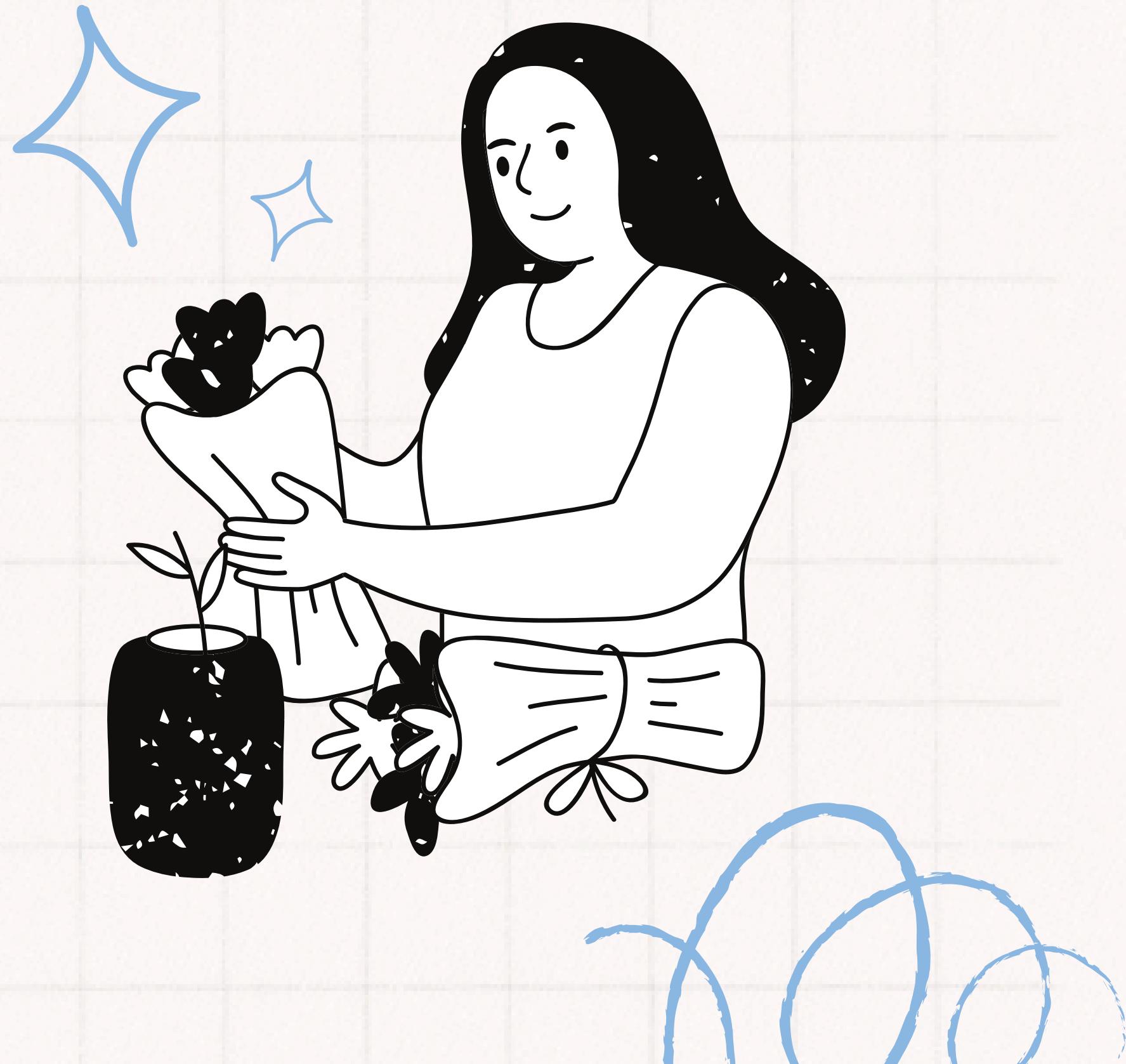
03.

The Thrill-Seeker:

Someone who won't complete his task beforehand and craves the last-minute rush.

Why Interesting?

I chose this TED Talk just because I AM a procrastinator of, I would like to say, the 3rd type that I have mentioned in the previous slide. I make sure that I submit every tasks before the deadlines, but usually in the last minute. If you are also a procrastinator and want to know the mechanism of this characteristic, please keep following!



Questions from TED Talk



1. What are the main roles of the “Rational Decision-Maker” and the “Instant Gratification Monkey” in the brain of a procrastinator?

2. How does the “Panic Monster” influence a procrastinator’s behavior, especially as deadlines approach?

3. Why is the “Dark Playground” not as enjoyable as it may seem at first?

4. Why did the speaker find it challenging to work on his 90-page senior thesis, even with a carefully planned schedule?

5. What is the difference between short-term, deadline-based procrastination and long-term procrastination, according to the speaker?

6. What is the purpose of the “Life Calendar” mentioned by the speaker, and how does it relate to procrastination?

Answers

1. The “Rational Decision-Maker” plans and focuses on long-term goals, while the “Instant Gratification Monkey” distracts with easy, fun activities, often leading to procrastination.

2. The “Panic Monster” wakes up as deadlines approach, causing a sudden burst of anxiety that scares the “Monkey” away, allowing the “Rational Decision-Maker” to take control and get work done.

3. The “Dark Playground” is where procrastinators do unearned fun activities at inappropriate times, filled with guilt and anxiety, making the “fun” feel hollow.

4. Despite planning, the speaker couldn’t start on his thesis due to procrastination patterns. He ultimately ended up writing 90 pages in 72 hours due to the “Panic Monster.”

5. Short-term procrastination has deadlines, so the “Panic Monster” helps manage it. Long-term procrastination lacks deadlines, so tasks can be endlessly postponed, leading to regret and missed goals.

6. The “Life Calendar” visually shows the limited weeks in a lifetime, telling the importance of using time wisely and motivating people to overcome procrastination.



Discussion

1. Why do you think people procrastinate, even when they know it's harmful? Do you think factors like fear of failure or perfectionism play a role in your own procrastination habits?

2. How do deadlines impact your motivation and productivity? Do you think setting personal deadlines works as well as real ones, or is it harder to take them seriously?

3. Do you have any experience procrastinating? What do you think could help people tackle procrastination?

4. What techniques have you tried, or would you like to try, to overcome procrastination?



Thank you so much!

I hope you could enjoy this TED Talk and the presentation!