

Procrastination



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I find it productive to delay the formulation of certain creative products until the very last minute. Presentations, essays, inventions, approaches, plans, speeches, confrontations, sex and email all benefit from extended exploratory periods followed by the sort of sudden exuberant expression I live for. I hope you know that feeling! When the exuberant expression itself is the deliverable (presentations, confrontations, speeches and sex) then maximum concentration at the moment of exuberant expression is ideal. In this case procrastination is essential because timing is everything. But procrastination is a loaded word, just as *jumping the gun* is a symmetrically loaded phrase. Delay is only a problem if important things don't get done, and vision takes time to coalesce. When you have a project in mind you will notice, invent and incorporate a continual stream of related thoughts and things, so that your project automatically expands over time. Thinking about a project occasionally activates cognitive processes in your brain that continue to run while you are doing other things, even while you are sleeping. It is not coincidental or supernatural when answers come in dreams.

Beyond a certain point every project begins to decay, so the art of each deal is to delay just the right amount in just the right way. There is a natural tempo, rhythm and lifecycle for every train of thought and action. Confrontations should be short and decisive, plans should be carefully laid and repeatedly challenged, and friction accumulated gradually between partners should be discharged as suddenly as possible once it has been clearly identified. The typical male or female midlife crisis is decades in the making but can run its productive course in 3 or 4 months with effective counseling. Young adult launch difficulties and adolescent crises come up suddenly and take about twice as long to resolve. Your situation is unique. Trust me. Call me.

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