

## Repattern Indecision and Procrastination

by Jan Cole, MA

Indecision and procrastination are common bedfellows of sorts, often rooted in low self-esteem and an excessive concern with public image. Once again low self-esteem takes the blame, keeping you from loving and accepting yourself, from living actively, keeping you from happiness and comfortable relationships. It is something we all struggle with, often unsure how to make it different though we've read the latest books on the topic, bought the latest videos or cassettes or attended the greatest seminars. As Dr. Nathaniel Brandon says, "Accepting who you are right now is the key to increasing your self-esteem; your perception of yourself directly affects what you get out of life."...AND what you give back to life.

Indecision and procrastination can put you at war with yourself and keep you from actively living the who that you are. They can complicate all aspects of your life, block emotional development, lead to opportunities lost, multiple failures, especially in relationships, and contribute to the repression of feelings. They are the "stuff" of unhappiness, frustration, self-condemnation, bitterness, rage, powerlessness, cynicism, envy, and hopelessness.

In contrast, confidence and making decisions puts you in charge of your life, prevents the procrastination. Each time you make a **real** decision, a total unconditional and personal commitment to a choice(s) or option(s) it integrates, unifies and mobilizes you to own more of yourself, thereby increasing self<sup>TM</sup>esteem. You find out more of who you really are by making use of your own priorities and values. "Success as a way of life is directly proportional to the willingness to make decisions," quotes Dr. Theodore I. Rubin. "Decision power increases geometrically, because the very act of decision making breaks through inhibition, apathy and paralysis."

Good decision makers, consciously or unconsciously go through four main elements in the decision making process. First, they

frame or structure the question to be decided considering which aspects of the choices are important and which are not. They "intelligence-gather" seeking both knowable facts and reasonable "unknowables". Thirdly, wise decision makers use a systematic approach to examine many aspects rather than relying solely on intuitive judgments. Finally, they establish a way for learning from results of past decisions.

Many options can be confusing and overwhelming. The better you know yourself, the easier it will be to eliminate the choices that aren't right for you. One of the major reasons we have trouble deciding is our fear of change. Learn to trust your feelings and intuition along with information gathered. Holistic health expert, Jack Swartz, says, "To think decisively requires that we dare to risk, that we dare to be open and vulnerable...our physical and emotional health would be a lot better if we acted decisively instead of living our lives with the 'yes, but...' approach.

Each of us has procrastinated a time or two in our life, deferred action, delayed, put off until another day. It can be an effective, creative option to handle life's stresses. If you're content with procrastinating, don't worry about it. However, if deferment is interfering with your life, there's probably some underlying problem. Know that there is always a pay-off. Learning to recognize it's value and benefit can help you to determine if there's another way to receive the same benefits without having to procrastinate.

Distinguishing between comfortable or problem procrastination is determined by how troublesome it is for you and the significance of the consequences you encounter. You can learn to differentiate between true procrastination and simply putting things off either because there's not enough time or you are naturally low-keyed.

Some people are so busy, full of projects and activities that delay is inevitable. They may be at their best under intense pressure, have

**accepted** it and don't wish it to be different. Others aren't pressure driven, take their time, will get around to it and don't mind the postponement. For some procrastination can deliberately be chosen as an ally and used as time to reflect, to clarify options or to help focus on priorities. Procrastination is not a problem for them. Nor is it a problem for those who place little value on the end results.

In contrast, there are people, about one in four, who procrastinate as a way of life and suffer significant consequences internally and externally. For them procrastination can be an emotional rollercoaster feeling miserable, frustrated and upset with themselves, enduring major setbacks, never achieving what they truly wanted, spinning their wheels unable to move, unfinished projects looming in dark shadows.

One view of procrastination is that it serves a protective function; protection from facing difficult situations, anxieties and fears, such as fear of failure, fear of success, fear of being too different or separate from others, fear of being controlled or fear of being too attached to others. Procrastination and indecision may have been chosen as the primary strategy for coping. Our thoughts are so rapid and automatic that they may not seem like thoughts at all. Give yourself time to think slowly through your temptation to delay. Some common excuses for procrastination:

"I don't have the right tools."

"I've been working so hard...I deserve a break."

"I'll wait until I'm inspired."

"It might not be good enough."

"If I wait long enough, they'll forget it."

"Why bother to ask? the answer will probably be no anyway."

Pay attention for a week to the thinking that justifies your indecision and waiting to do something you need or want to do. Monitor the number and content of your excuses. What were the antecedents of your excuses, your thinking, feeling, or behavior before you came up the excuse?

A non-procrastinators self-talk might be:

"I'm tired, I'll work for an hour more before I go to bed."

"I don't have proper tools, but what CAN I do without them?"

"I might not be good enough, but I'll attempt it anyway."

"It's too late to finish this project, but I can at least get started."

"I'd like to watch a particular TV program; what can I get done before it comes on?"

If you find yourself making excuses for "not starting", consider a new conclusion that allows you to do something that helps you at least get started instead of giving you a reason to put it off. Chunk complicated tasks into smaller ones. Visualize the benefits and how you'll feel when it's done. Watch for your recipe of success.

Strategies help, but you can undo your indecision/procrastination habits by combining them with a faster way, using the following repatterning technique. Before you start ask yourself or the person you are repatterning:

**HOW AND WHEN WILL I (YOU) KNOW "IT'S" DIFFERENT IF I REPATTERN THIS ISSUE?"**

**Procedure:**

1. Test for strong PMC muscles, right and left.
2. Complete the bio-computer tune-up (correct for switching) in any way that works for you. I use the following:
  - a. Five fingers pointed in at navel. Test.
  - b. If muscle is strong go to procedure c. If muscle checks weak, hunt for shut off points.
    1. K-27's (Kidney meridian)
    2. Below lip (Central meridian)
    3. Top of lip (Governing meridian)
  - c. Test for water by gently tugging on the hair while testing.
  - d. Make appropriate corrections.

3. Make your declaration statement as if true in present time as follows:

I, (all your names) \_\_\_\_\_

Example "I, Mr. McGoo, see things clearly and act decisively."

4. Test right arm (for left brain access) and left arm (for right brain) for weakness. If one or both are weak **stroke ONCE upward on the midline of the forehead** for data input.

This is a short form version of the repatterning technique; a longer form is presented in my book, *Repattern Your Sabotaging Ways*. Before completing the correction, you may muscle test at this point for any information you feel is pertinent to the issue, i.e. who, what, where, when, age regress, emotion-on-line, etc. **Stroke ONCE on the midline of the forehead** for each piece of data that tests weak.

#### Correction:

1. Ask, "What will clear this issue?" or similar question.
2. Muscle check for each of the following FILES. For each STRONG muscle test response **stroke up TWICE on the midline of forehead**.

#### PHYSICAL/STRUCTURAL

SPIRITUAL SELF-CONCEPT

EMOTIONAL CHEMICAL

SEXUAL WITHHOLDING

GROUNDING FEARS

PRIOR DECISIONS MOTIVATION

INTUITION HEALING

WISDOM

3. Repeat the declaration and test to see that both arms are strong. The statement is now integrated and congruency will work within you to get you out of your own way, so to speak.

#### Possible declarations to repattern:

I, \_\_\_\_\_, have a positive, realistic self-image, high self-esteem, believe in myself and value my opinions and convictions.

I, \_\_\_\_\_, consistently make my own choices (decisions) easily and effectively.

I, \_\_\_\_\_, think in a determined, competent and decisive way and make beneficial choices for myself and loved ones.

I, \_\_\_\_\_, am aware of my priorities and use my time wisely and effectively.

I, \_\_\_\_\_, have a realistic view of time and what I can accomplish in a given amount of time.

I, \_\_\_\_\_, do my best at whatever I choose to do and easily and successfully complete my projects.

I, \_\_\_\_\_, focus on my task and break my important task into brief daily segments.

I, \_\_\_\_\_, am a self starter and do \_\_\_\_\_ with energy and enthusiasm.

I, \_\_\_\_\_, no longer fear success (or failure).

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