

## GUEST ARTICLE:

### Triumph Over Procrastination with Hypnotherapy

by *Claudia Jeffrey*



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I recently heard my manager jokingly saying to my colleague, 'Procrastination is a credit card. It is fun until you get the bill'. We all had a great laugh, but procrastination is not at all a funny thing. According to [lazy procrastination statistics](#), almost 20% of people identify themselves as procrastinators. Despite knowing the frightening consequences in the workplace or academics, most people are infected with delaying things intentionally.

Kicking procrastination is hard for most of the people. It is a general belief that procrastinators are lazy and lack confidence, I suppose you might be wrong. Putting off tasks has nothing to do with your emotional state.

Procrastination is the outcome of flawed thinking, which can be reversed with a much-hyped technique called Hypnotherapy. Many people also look for [self-hypnosis materials](#) and basic hypnosis products to overcome their habit.

#### **What is Hypnotherapy: How it works?**

People often ask what Hypnotherapy is and what it cures. Trust me, this is not brainwashing or mind control. To understand Hypnotherapy, you have to forget the creepy scenes from the movies and books where the human mind is altered using psychological techniques.

Most experts define [Hypnotherapy](#) as a type of complementary medicine prescribed to clients to help them achieve a positive change in their life – withdrawal from addiction, panic, anxiety, fears, bad habits, and stress. It also helps people to improve their sleep, communication ability, personal relationships, and sexual dysfunction. It creates a state of focused attention using mental strength, which leads to positive imagery used to help individuals deal with their issues.

For those who believe that it is mind control, we would like to tell you that people are in full control during the process and are unreceptive to messages that are contradictory to their values.

## **Cure procrastination with Hypnotherapy**

### **1. Know the Effects of Procrastination**

Acknowledging that something is wrong for you is the first step toward making things right.

So, do you procrastinate? Well...everyone do. We are all human beings, and it is natural for us to put off puzzled tasks at some point in time. While procrastination itself is not a health issue, but procrastinating repeatedly and frequently may lead to terrible effects.

This post is for you if you are a procrastinator and you have likely:

- Lost precious time.
- Missed opportunities.
- Feel overwhelmed.
- You have made poor decisions in your career and personal life.
- Fail to meet deadlines.
- You have created a negative image in front of your boss.
- Suffer from guilt and resentment.

And most importantly, you believe that you could have done it better if you didn't delay.

### **2. Reconnect with your goals**

If you want to forgive yourself for procrastinating previously, you need to reconnect with their aspects that initially commit to the goal. Let's take the example of joining a fitness club for weight loss. You need to recall why you wanted to lose weight in the first place. The reasons are highly motivating when imagined positively (e.g., 'I want to fit into my old jeans and have more active lifestyle' or 'because I want to adopt a healthy eating routine' versus 'because I hate the way I look.')

Build a partnership with your inner friend rather than the inner critic. Remembering our goals time after time helps us to shut the inner evil self that asks us to give up.

### **3. Replace Negative Self-Talk with Positive**

Self-doubts and negative voices in our heads put us in a bad trance. The toxic effects of procrastination are far-reaching. You may get depressed and obsessed with perfectionism. A

procrastinator usually engages in negative self-talk like 'I am not good enough' or 'I should avoid it for my safety.'

[Self-talk](#) is known to be an instant method to relieve from procrastination. Although changing this habit may take some time, but once you get used to it, you will do wonders. Next time a negative thought came up to your mind, catch that shit and change it into something useful and visualize your success.

#### **4. Motivate Yourself**

An essential part of hypnosis is to create a motivation trigger by setting hypnosis goals. Here you are doing it not for relaxation purpose but for achieving a higher purpose. It would be best if you tell yourself some positive affirmations.

For overcoming procrastination, aim for something like, 'I am capable of accomplishing whatever I set my mind to. I can do it on time.'

#### **5. Be Honest....With Yourself First**

Being genuine with your self throughout the process is the key to success. You can never be successful with this method until you decide you want to do it, or you are just faking it. Nobody I have seen ever who plant ideas of things he or she does not want to do into their subconscious.

#### **6. Just Say No To Procrastination with Self- Hypnotherapy**

You can recover from this habit today at the comfort of your cozy sofa. You don't need to consult a hypnotherapist for this. Self-hypnosis involves the same process as traditional hypnosis. In both situations, a script is designed to arouse deep relaxation. As soon as you reach this trance-like state, you attach yourself with optimistic affirmations, which lead to reprogramming of your subconscious.

#### **7. Practice mindfulness**

You can beat procrastination with mindfulness and stop your emotions from dictating your actions. You can strengthen your mindfulness in several ways, among which we like meditation the most. This exercise will develop your mental muscle, and you start practicing an [awareness-focus loop](#).

#### **8. Suppress Negative Lifestyle Factors**

In most cases, a distracted mind is often the result of sedentary lifestyle behaviors. No one can deny the fact that we live in a space full of distractions. From Facebook notifications to email alerts and from inner anxiety to relationship issues, we all get distracted by things part of our routine life. Sometimes we go deep down under the rabbit holes and waste the most crucial part of our day.

Usually, a distraction occurs from worry that stops us from focusing on the projects we have at hand. Fear of getting more likes and comments on your pictures is a perfect example of distraction. Even hypnosis is only useful when it's not interrupted by a pet, phone call, or a doorbell. Turn off all the alerts, switch off your phone, and lock the door.

## 9. Undo to Relearn

You can engage in procrastination activities within seconds. You always have that thought not to do it right now. Hypnotherapy is a life-enhancing method that will train your mind to take action at the moment. You will reach a state of mind where you feel incredibly relaxed and hassle-free. It makes it easier for a hypnotherapist to sink deeper into your account and modify the programming of our subconscious. It recharges your sense of initiative, which simply means increasing your ability to transform your ideas into actions quickly without any pause.

## Conclusion

At its very core, procrastination is more like a run-away strategy which we use to cope with negative emotions, anxiety, stress, and complex tasks. Hypnotherapy is a useful technique that allows us to act despite all these stressors.

## Author Bio

Claudia Jeffrey's interest in new and better has contributed to her successful career as a lifestyle expert. She is also a Research Analyst at Crowd Writer, a leading provider of [best dissertation writing service](#) in the UK. Her versatile style of writing enables her to write on a wide variety of topics.

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