

EXERCISE: THE PURE PROCRASTINATION SCALE

Table 1.3 lists a number of questions related to your procrastination. Assess to what extent you feel these statements apply to you by circling the number (1–5) that best describes your situation. Calculate your result by summing up all your scores. An interpretation of how to evaluate your level of procrastination is included towards the bottom of the table.

Table 1.3 The Pure Procrastination Scale

	Very rarely or does not apply to me at all	Rarely applies to me	Sometimes applies to me	Often applies to me	Very often or completely applies to me
1. I delay making decisions until it's too late	1	2	3	4	5
2. Even after I make a decision I delay acting upon it	1	2	3	4	5
3. I waste a lot of time on trivial matters before getting to the final decisions	1	2	3	4	5

4. In preparation for some deadlines, I often waste time by doing other things	1	2	3	4	5
5. Even jobs that require little else except sitting down and doing them, I find that they seldom get done for days	1	2	3	4	5
6. I often find myself performing tasks that I had intended to do days before	1	2	3	4	5
7. I am continually saying 'I'll do it tomorrow'	1	2	3	4	5
8. I generally delay before starting on work I have to do	1	2	3	4	5
9. I find myself running out of time	1	2	3	4	5
10. I don't get things done on time	1	2	3	4	5
11. I am not very good at meeting deadlines	1	2	3	4	5
12. Putting things off till the last minute has cost me money in the past	1	2	3	4	5
Total score:					

Interpretation:

0–15: You have no problems with procrastination

15–30: You have minor problems with procrastination

30–45: You have moderate problems with procrastination, close to the cut-off for when people usually seek help

45–60: You have severe problems with procrastination

Chapter 1 (current score)	Chapter 2	Chapter 3	Chapter 4	Chapter 5	Chapter 6	Chapter 7	Chapter 8	3 months ahead (date _____)	6 months ahead (date _____)	12 months ahead (date _____)

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