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SAMPLE · fictional data

Sample report

Procrastination Test (Lay GPS)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
Sophie Martin	**January 20, 2026**	**20**	**00000022**

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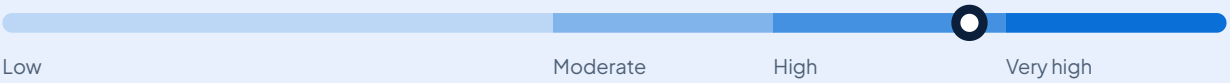
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

63 / 80

High Procrastination

79 % of the maximum score



Procrastination significantly impacts your daily life, causing stress and missed deadlines.

What your answers say

Written by Claude (Anthropic) from your answers.

Thank you for taking the time to complete this screening and for being open to exploring your patterns around task management and time. A score of 63 out of 80, landing in the "High Procrastination" range, might feel like a lot to take in, but please know that procrastination is an incredibly common human experience, not a character flaw or a sign of laziness. Many capable, motivated people find themselves caught in cycles of delay, and the fact that you're reflecting on this shows real self-awareness and a genuine desire to understand yourself better.

Looking at your category breakdown offers some helpful nuance. Your Arousal score of 23 suggests you may thrive on the adrenaline of last-minute deadlines, perhaps believing you do your best work under pressure. Your Avoidant score of 22 points toward a tendency to sidestep tasks that feel uncomfortable, overwhelming, or emotionally charged, sometimes as a way of protecting yourself from anxiety or fear of falling short. Your Decisional score of 18, while somewhat lower, still indicates moments where making a choice or getting started feels genuinely difficult. Together, these patterns paint a picture of someone whose relationship with tasks is shaped by both emotional and behavioral habits, not by a lack of ability or effort.

There are some gentle, practical steps that might help. Breaking larger tasks into smaller, more manageable pieces can reduce the sense of overwhelm that fuels avoidance. Experimenting with structured time blocks, such as setting a timer for just ten or fifteen minutes to begin a task, can help ease the friction of getting started. It may also be worth exploring what emotions arise right before you delay something, since understanding the "why" behind the pause can be more transformative than simply pushing harder.

Please remember that this screening is a starting point for reflection, not a clinical diagnosis. Your patterns are valid and understandable, and support is available. Speaking with a licensed therapist, counselor, or coach who specializes in executive functioning or emotional regulation could offer personalized strategies and meaningful relief. You deserve compassionate, tailored support, and reaching out is a hopeful, empowering next step.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

High Procrastination

Consider a coach or therapist specializing in ADHD or executive dysfunction. CBT is effective.

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

Need to talk to someone now? Call Suicide & Crisis Lifeline on **988**, or 911 in an emergency.

This report is a self-assessment tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Prepare your appointment

Doctor, psychiatrist, psychologist, neuropsychologist: bring this page. Fill it in a few days before, when examples come to mind.

My key figures

Procrastination Test (Lay GPS) · 63 / 80 (79 %) · High Procrastination

Test taken on January 20, 2026 · reference 00000022

Examples from my daily life

Work or studies, home, relationships: two or three concrete situations, with what happened.

Since when?

Was it already there in childhood or adolescence? School reports or a relative's memories can help.

What I would like to change

Even vaguely: what costs you the most energy today.

Questions I can ask

- ☐ Is a full assessment useful in my case, and with whom?
- ☐ How long is the wait, and what can I do in the meantime?
- ☐ Could something else explain this (sleep, stress, thyroid, another condition)?
- ☐ What support exists, at work or in my studies?
- ☐ What should I bring next time?

Your answers

Scale from “Strongly Disagree” to “Strongly Agree”.

#	Question	Your answer	Pts
1	I often find myself doing tasks I had intended to do days earlier. **reversed**	Agree	**3**
2	I generally do my work without unnecessary delay.	Neutral	**2**
3	When I have a deadline, I often waste time doing other things. **reversed**	Neutral	**2**
4	I generally send replies or payments before their due date.	Agree	**1**
5	I generally delay before starting work I have to do. **reversed**	Neutral	**2**
6	I am usually on time for appointments and commitments.	Agree	**1**
7	I often have a job to do but start it at the last minute. **reversed**	Agree	**3**
8	I prefer to tackle tasks immediately rather than delay them.	Agree	**1**
9	I get right down to work, even on unpleasant tasks.	Neutral	**2**
10	I waste time on trivial matters before getting to the important ones. **reversed**	Agree	**3**
11	I prioritize and tackle my most important tasks first.	Agree	**1**
12	I am a decisive person who takes action promptly.	Agree	**1**
13	I plan activities well in advance of deadlines.	Agree	**1**
14	I often find myself in a last-minute rush to meet deadlines. **reversed**	Agree	**3**
15	I keep running behind and have to rush to catch up. **reversed**	Agree	**3**
16	I rarely leave things to the last minute.	Agree	**1**
17	I often catch myself thinking 'I'll do it tomorrow'. **reversed**	Agree	**3**
18	I generally think and act decisively without hesitating.	Neutral	**2**
19	I generally accomplish all the things I plan to do in a day.	Agree	**1**
20	I am continually saying 'I'll do it tomorrow' and never getting around to it. **reversed**	Agree	**3**

“Reversed”: these questions are scored the other way round from the others.