**Procrastination Scale** (Lay, 1986)

Instructions:

People may use the following statements to describe themselves. For each statement, decide whether the statement is uncharacteristic or characteristic of you using the following 5 point scale. Note that the 3 on the scale is Neutral – the statement is neither characteristic nor uncharacteristic of you. In the box to the right of each statement, fill in the number on the 5 point scale that best describes you.

<table>
<thead>
<tr>
<th>Extremely Uncharacteristic</th>
<th>Moderately Uncharacteristic</th>
<th>Neutral</th>
<th>Moderately Characteristic</th>
<th>Extremely Characteristic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

1. I often find myself performing tasks that I had intended to do days before.  
2.* I often miss concerts, sporting events, or the like because I don’t around to buying tickets on time.  
3.* When planning a party, I make the necessary arrangements well in advance.  
4. When it is time to get up in the morning, I most often get right out of bed.  
5. A letter may sit for days after I write it before mailing it.  
6. I generally return phone calls promptly.  
7. Even with jobs that require little else except sitting down and doing them, I find they seldom get done for days.  
8. I usually make decisions as soon as possible.  
9. I generally delay before starting on work I have to do.  
10.* When travelling, I usually have to rush in preparing to arrive at the airport or station at the appropriate time.  
11. When preparing to go out, I am seldom caught having to do something at the last minute.  
12. In preparing for some deadline, I often waste time by doing other things.  
13.* If a bill for a small amount comes, I pay it right away.  
14.* I usually return an RVSP request very shortly after receiving the invitation.  
15. I often have a task finished sooner than necessary.  
16. I always seem to end up shopping for birthday or Christmas gifts at the last minute.  
17. I usually buy even an essential item at the last minute.  
18. I usually accomplish all the things I plan to do in a day.  
19. I am continually saying “I'll do it tomorrow”.  
20. I usually take care of all the tasks I have to do before I settle down and relax for the evening.
References