

WORST TASKS EVER

Break the cycle of avoidance



It's (understandably) hard to get yourself to deal with things you hate.

The anticipation of negative emotions perpetuates the cycle of avoidance, making it feel impossible to summon the willpower to grit your teeth and get it over with. But instead of thinking about how much you hate a task—which, let's face it, isn't helping—use this space to brainstorm ways that could make the experience even *slightly* more enjoyable, entertaining, or comfortable.

TASK I HATE:	WHY IT SUCKS:	WHAT COULD (MAYBE) MAKE IT SUCK LESS:
Folding + putting away laundry	<ul style="list-style-type: none"> • Boring • Under-stimulating • Takes forever 	<ul style="list-style-type: none"> • Listen to an audiobook • Talk on the phone • Watch TV • Set a timer
Doing dishes by hand	<ul style="list-style-type: none"> • Boring • Gross • Hurts my feet 	<ul style="list-style-type: none"> • Listen to music/podcast • Wear rubber gloves • Wear tennis shoes • Get an anti-fatigue mat

COMMON REASONS FOR AVOIDING TASKS:

- Boring
- Annoying
- Gross
- Takes forever
- Confusing
- Difficult
- Exhausting
- Complicated
- Draining
- Might fail
- Too tired
- Painful
- Unpleasant
- Stressful
- Overwhelming
- Repetitive
- Too many steps
- Under-stimulating
- Don't know where to even start

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WHY IT SUCKS:

**WHAT COULD (MAYBE)
MAKE IT SUCK LESS:**

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