

Spring 2012

Individual, Couple & Group Therapy

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[www.debrajoygoldman.com](http://www.debrajoygoldman.com)

## IN THIS ISSUE:

- + **Stop Procrastinating!**
- + **Dream Group**
- + **Kabbalistic Healing Group**
- + **Free telephone consult**

## Stop Procrastinating!

By Debra Joy Goldman



One of the most common problems people talk about in therapy is procrastination. Do you have a long list of unfinished tasks, or a “to do list” that just keeps growing? Are you feeling guilty? Are your thoughts filled with self judgment and self criticism? At times do you feel worthless, useless, and angry at yourself? If this is you, then

keep reading.

The good news is that procrastination **does not happen** because you are lazy, stupid, disorganized, or inefficient. Procrastination happens because of an underlying anxiety. Procrastination is a coping mechanism you use to deal with anxiety.

**NEWSFLASH**...procrastination usually **does not work** to reduce your anxiety. At first, you may feel relief, but in the long term, the consequences of procrastination produce even more problems and anxiety.

What are you anxious about? Finding the underlying anxiety can help you begin taking the steps needed to stop procrastinating. Here are three of the top reasons anxiety causes procrastination.

1. **Fear of failure**- When you grew up you learned that finishing projects brought criticism; there was always something not right in what you did. You felt your efforts were never good enough, you felt like a failure. When you maintain unreasonably high standards (perfectionism) your risk of feeling like a failure goes up. In fact, self criticism and perfectionism are a main cause of failure and you procrastinate in order to avoid this anxiety (feeling like a failure, or not good enough).
2. **Fear of success**. If you think having success means that you will have to do things you don't want to do, then you procrastinate to avoid success. For example:
  - When I finish school I'll have to pay student loans
  - Success on the job, means more responsibility,

possible relocation, job changes

- With advancement comes increased responsibility and potential future failure

3. **Rebellion against authority, a way to express resentment.** You feel like a victim, like your life is controlled by others. Most tasks feel like “I have to, but I don’t want to”. There is no way to openly say no because of the consequences, Instead you procrastinate.

Which of the above reasons do you relate to? Now you have identified the cause of your anxiety. This is why you procrastinate.

Next month my newsletter will present part two of “Stop Procrastinating” with details on the next step. In the meantime to learn more check out the book “The Now Habit” by Neil Fiore Ph.D.

**THE GOOD NEWS IS:** You have started **STOPPING PROCRASTINATING** by reading this article. Congratulations, you have taken the first step!

**DREAM GROUP  
WHAT DO YOUR DREAMS  
MEAN?**

**KABBALISTIC HEALING GROUP  
TOPICS AND DATES**

**1. MAY 8: Happy Birthday Baby: A**



Your dreams are a rich source of information about yourself, your life, and your relationships. These groups are for you if:

1. You are interested in understanding the messages of your dreams.
2. You have vivid dreams but do not understand what they mean.
3. You do not remember your dreams but you would like to
4. You have reoccurring dreams, or disturbing nightmares.
5. You want to know more about dreams.

There are three dream sessions. You

Kabbalistic view of the life cycle from birth to old age.

2. **MAY 29:** A Kabbalistic perspective on **peace**
3. **JUNE 19: Smooth Sailing:** How to be “in the flow”
4. **JULY 10: Climbing the Stairway to Heaven:** The Four Worlds and Jacob’s Ladder
5. **JULY 31: Ice skating:** An analogy to navigating through life
6. **SEPTEMBER 11: Kabbalistic Meditation**



**Fee: \$35 per date per person**

**Location: 649 US Hwy One, NPB**

can attend one, two, or all three.

**Dates:** April 5 - April 26 - May 17

**Time:** 6:00-8:00pm

**Cost:** Your cost is \$50 for each session you attend.

**Location:** 649 US Hwy One, NPB. Each session will have a minimum of 3 participants, maximum of 6. Space is limited. To reserve your seat(s), please call 561-602-8041.

**Instructor: Debra Joy Goldman**

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**I offer a free 15 minute phone consult for new clients.  
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Recognized as a leading counselor, educator, and writer in the South Florida area for over 25 years, Debra specializes in counseling individuals, and couples. Debra offers Dream Groups, and Kabbalistic Healing Groups. She holds a Masters Degree in Counseling, is licensed since 1990 by the State of Florida as a Mental Health Counselor, and has continued her post-graduate training with a certification from the American Institute for Mental Imagery. Her informative book Love in Action: A Manual for Lasting Love, has taught many people how to have satisfying relationships. For over 15 years Debra has studied and taught Kabbalah. Debra has a private practice in North Palm Beach Florida. Visit her website at [www.debrajoygoldman.com](http://www.debrajoygoldman.com) or give her a call at 561-602-8041.