



PsychoBabble!

Psycho-babble: derived from two of our favourite words, we not sure if you will actually find this word in the dictionary. So we will go ahead and give you our interpretation of what this newsletter is going to be about!

The human mind is so complex, so vast and such an interesting study that all of us are constantly trying to learn more about it!

So, we the Psychology Club will search high and low for articles that would entertain and enlighten you! For this we have chosen Psycho-Babble as a platform!

"Happy reading !

Happy thinking !"

Hey, do you PROCRASTINATE? Yes? Good!

Surprised? Read on to know how Procrastination can be a boon!

Good & Bad Procrastination



The most impressive people are all terrible procrastinators. So could it be that procrastination isn't always bad?

There are three variants of procrastination, depending on what you do instead of working on something: you could work on (a) nothing, (b) something less important, or (c) something more important. That last type, is good procrastination.

What is good Procrastination??

That's the sense in which the most impressive people are all procrastinators. They're type-C procrastinators: they put off working on small stuff to work on big stuff.

Good procrastination is avoiding errands to do real work.

The people who want you to do the errands won't think it's good. But you probably have to annoy them if you want to get anything done. The mildest seeming people, if they want to do real work, all have a certain degree of ruthlessness when it comes to avoiding errands.

Some errands, like replying to letters, go away if you ignore them (perhaps taking friends with them). Others, like mowing the lawn, or filing tax returns, only get worse if you put them off. In principle it

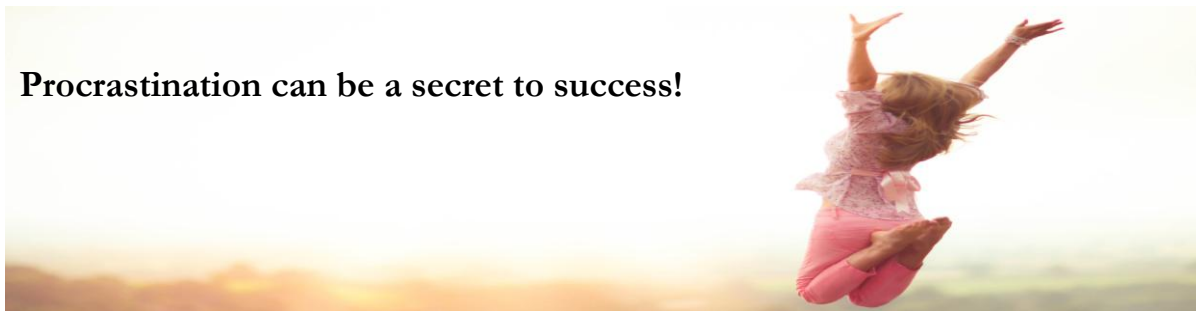
shouldn't work to put off the second kind of errand. You're going to have to do whatever it is eventually.

The reason it pays to put off even those errands is that real work needs two things errands don't: big chunks of time, and the right mood. If you get inspired by some project, it can be a net win to blow off everything you were supposed to do for the next few days to work on it. Yes, those errands may cost you more time when you finally get around to them. But if you get a lot done during those few days, you will be net more productive.

In fact, it may not be a difference in degree, but a difference in kind. There may be types of work that can only be done in long, uninterrupted stretches, when inspiration hits, rather than dutifully in scheduled little slices. Empirically it seems to be so. Some of the people, who've done great things, sneak off to work on some new idea.

Conversely, forcing someone to perform errands synchronously is bound to limit their productivity. The cost of an interruption is not just the time it takes, but that it breaks the time on either side in half. You probably only have to interrupt someone a couple times a day before they're unable to work on hard problems at all.

Procrastination can be a secret to success!



Have you wondered why startups are most productive at the very beginning, when they're just a couple guys in an apartment. The main reason may be that there's no one to interrupt them yet. In theory it's good when the founders finally get enough money to hire people to do some of the work for them. But it may be better to be overworked than interrupted. Once you dilute a startup with ordinary office workers—with type-B procrastinators—the whole company starts to resonate at their frequency. They're interrupt-driven, and soon you are too.

Errands are so effective at killing great projects that a lot of people use them for that purpose. Someone who has decided to write a novel, for example, will suddenly find that the house needs cleaning. People who fail to write novels don't do it by sitting in front of a blank page for days without writing anything. They do it by feeding the cat, going out to buy something they need for their apartment, meeting a friend for coffee, checking email. "I don't have time to work," they say. And they don't; they've made sure of that.

The most dangerous form of procrastination is unacknowledged type-B procrastination, because it doesn't feel like procrastination. You're "getting things done." Just the wrong things!

Do you do the things you like?

Of course, the main reason people find it difficult to work on a particular problem is that they don't enjoy it. When you're young, especially, you often find yourself working on stuff you don't really like-- because it seems impressive, for example, or because you've been assigned to work on it. Most grad students are stuck working on big problems they don't really like, and grad school is thus synonymous with procrastination.

But even when you like what you're working on, it's easier to get yourself to work on small problems than big ones. Why? Why is it so hard to work on big problems? One reason is that you may not get any reward in the foreseeable future. If you work on something you can finish in a day or two, you can expect to have a nice feeling of accomplishment fairly soon. If the reward is indefinitely far in the future, it seems less real.

If you want to work on big things, you seem to have to trick yourself into doing it. You have to work on small things that could grow into big things, or work on successively larger things, or split the moral load with collaborators. It's not a sign of weakness to depend on such tricks. The very best work has been done this way.

The way to "solve" the problem of procrastination is to let delight pull you instead of making a to-do list push you. Work on an ambitious project you really enjoy, and sail as close to the wind as you can, and you'll leave the right things undone!

The article below should be a great help for all of us, because all that we don't have, is time!

Why “I Don't Have Time” is a Big Fat Lie

“I just don't have enough time.”

We've all said it before.

We say “I don't have time” when life gets busy or when we don't want to feel guilty about skipping something:

- **If we don't have enough time to work out**, it's easier for us to be okay with wheezing after a flight of stairs.
- **If we don't have enough time to prepare healthy meals**, it's easier to accept our next unhealthy meal through a drive-thru window.
- **If we don't have enough time to clean the house**, it's easier to accept living in filth.
- **If we don't have time to apply for new jobs and make new connections**, it's easier to accept staying in a dead-end job.

By the end of the article, “I don't have time” will be erased from your vocabulary!

It's not a priority!

Starting today, you are no longer allowed to utter the words: “I don't have time.”

Instead, you will say, “It's not a priority.”

This tactic is from this Wall-Street Journal article, and it has been monumental in changing a frame of mind.

Watch how quickly your perspective shifts when looking at life's challenges this way:

- “I’d love to work out, I just don’t have time” becomes **“exercising isn’t a priority.”**
- “I’d love to eat healthier, but I don’t have time to cook” becomes **“eating healthy isn’t a priority.”**
- “I don’t have time to travel” becomes **“traveling isn’t a priority.”**

Suddenly, the excuse of time becomes an incredibly weak argument. Crap.

Stings a bit, huh?

The real truth!



Now you must be begging and pleading right now.

“These things ARE a priority, but there aren’t just enough hours in the day.”

As J.D. Roth, founder of Get Rich Slowly, simply stated during his talk at the World Domination Summit:

“It’s not what we say is a priority, but what we actually DO that’s a priority.”

J.D. shared how he used to tell his friend, “Oh I LOVE reading, I just don’t have time for it.” In reality, JD was just putting everything else in front of reading: watching TV, staying up late surfing the internet, and so on. Once he realized how he was prioritizing his life, he started analyzing where his precious time was going.

How you choose to spend your time defines your priorities. “I spent all of 2011 telling myself that I wanted to learn a new language, but I never seem to find the time.” It wasn’t because you didn’t have enough time, it’s because you never made learning a new language a priority!

What are your priorities?

We have 168 hours in a week. Time is our most precious resource.

Your priorities, whether you say so or not, are where you choose to spend those hours. Make the most of them! It’s amazing how much time you can find when you minimize the things that aren’t important to make room for the things that are.

Where do you spend your time? Just like keeping a food journal can be eye-opening, try tracking your time over the next few days in 30-minute blocks. How much time do you spend on the computer, watching TV, etc? you'll be surprised.

Suddenly...wild productivity appears!

- The 10 hours of TV each week become less important.
- The late nights on Facebook and Twitter become more apparent.
- The unproductive hours spent sitting at your desk, "working" without actually WORKING become clear.

It's not what you say that's important to you, it's what you DO that's important to you. It's a challenge, start today, to erase the phrase "I don't have time" from your vocabulary. Instead, say "it's not a priority."

And then decide what you actually want your priorities to be.

Leave a comment with ONE thing you've been saying is a priority but hasn't really been, and ONE step you're going to take today to make that thing a real priority.



Website: <http://www.nerdfitness.com/blog/2012/07/26/priorities/>

Now if you find priority in this, there's another article waiting for you!

We all meet people at different walks of life! We like a few, but, we don't like a few! Lets see what to do then..



To Deal With People Who Offend You!

You know those people: they cut in line, are rude to you in the office or at the restaurant, cut you off in traffic, talk loudly about obnoxious things, play loud music when you're trying to concentrate, interrupt you, and so on.

These offenses are violations of the way you think people should act. And so it burns you up. Don't worry, I'm the same way.

If you just keep letting these offensive people get to you, you'll always be mad or annoyed. Life won't be very good. But it's something you can learn to deal with.

Here are three strategies that are helpful:

Get Big

Imagine you're a 2-year-old toddler, who can't have a toy or some ice cream *right this minute*. This problem is



your entire universe, because you have no perspective, and so ... you throw a fit. This is the world of a 2-year-old. But as adults, we know that this is a very small problem, and in fact there are lots of other things the 2-year-old could do to be happy. Sure, that's easy for us — we have a bigger perspective. But when someone offends us, we have a small perspective — this little offense is the biggest thing in the world, and it makes us very angry. We throw the equivalent of a 2-year-old fit. But if we get a bigger perspective (Get Big), we can see that this little thing matters very little in the bigger picture. It's not worth being angry over. So remind yourself to Get Big, then widen your perspective.

Float Down the Stream

When you are driving and others do rude things, do you get angry? Then remember a trick: Imagine myself floating down a stream in a raft, and the other cars are just twigs and leaves floating past me

one way or another on this stream. They don't have to treat me a certain way, because they're just twigs. And so you serenely float down this stream, not worrying about how the twigs float around me. And in truth, this is how life is — other people aren't trying to offend you, don't even worry about you most of the time. They are just twigs floating by. Be nice to the twigs though.

Give Them a Mental Hug

This little trick can transform the way you feel about someone who makes me angry. Let's say someone has just said something rude. How *dare* they! Don't they have any consideration for my feelings? But of course, in this reaction, you are not having any consideration for their feelings — only yours matter. And, so you try to empathize with this rude person, and realize that they're angry, or scared, or both. They are being rude as a coping mechanism for their fear. And so, mentally (and once in a while physically), you should give them a hug. Have compassion for this scared person, because you too are often scared. We're the same. We need a hug, some compassion, a little love.

Try one of these three tricks the next time someone makes you mad or offends you. And then smile in serenity, armed with the comforting knowledge that, you are superior to the rest of the world.



Website: <http://zenhabits.net/offend/>