Research

Procrastination

Procrastination is due to internal conflicts which need problem solving.



Elliot Temple

10 Mar 2023 • 10 min read

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If part of you doesn't want to do something, then that's a conflict that should be rationally resolved. Trying to just do it is suppressing part of yourself and is a win/lose attitude not a win/win solution.

If you find you procrastinate on something, or partly feel like procrastinating on it, then *part of you doesn't want to do it*. That is a conflict. If you were unconflicted, you wouldn't even be tempted to procrastinate.

If you have trouble with *getting started*, but you like something once you start, then *you have a conflict* – part of you dislikes it. There's a problem to solve there. The problem is not with becoming more motivated or learning "life hacks" to avoid procrastination. The solution shouldn't be to find more ways to get started (you can do that, or not, but it won't address the primary issue). The problem is there is an objection – a criticism – inside you which you have not refuted and should not assume is wrong.

People often fail to recognize these things as inner conflict, or fail to view them as *disagreements between pieces of knowledge*, or don't even try to do problem solving about *the ideas themselves*. They do meta problem solving based on assuming a conclusion. Like they blame poor motivation and try to find ways to be more motivated and get themselves to do the activity. They don't respect the

other side as having a *substantive disagreement* and possibly being right. Maybe you shouldn't do the activity or should make changes to the activity before doing it.

They think it's a conflict between e.g. "this is a great activity that will benefit me a lot" and "lazy". It isn't. Part of you doubts it's great or beneficial, or perhaps part of you thinks the activity is so horrible that it isn't worth the benefits that come later. You need to recognize that if you're avoiding doing something, part of you thinks it *should not be done* (as-is with no modifications).

Sometimes there is a quick fix. Say you have to write an essay for class but you're avoiding it. Conceivably, your typical study room has too much CO2 and you have negative intuitions about spending much time in that room, but you wouldn't mind writing the essay in a different place. The intuition was about the room not the essay. That doesn't sound very likely but it's possible and would enable a quick fix of studying outside (or maybe using a different room or opening some windows would work).

Sometimes, there isn't a quick fix. Part of you doubts that graduating and getting your degree is worth it. Part of you doubts you're learning much from doing the tasks your teachers order you to. Part of you doubts the degree will lead to a good job that you actually like. And also, part of you finds essay writing unpleasant, because you don't really understand how to write and are just muddling through. And it's unpleasant because you aren't interested in the assigned topic (maybe the topic is bad or maybe you just don't understand it and see the value, or maybe it's a good topic for other people but doesn't fit you). Maybe you shouldn't be writing this type of essay on topics where you have nothing to say, and instead should be writing exploratory learning-oriented things focused on figuring the topic out, not focused on stating and arguing for a conclusion about the topic.

People have chronic problems because e.g. they are conflicted about college but they enroll anyway, leaving that conflicted unaddressed. Then when they're conflicted about an essay, there is also an underlying conflict about being in school at all (or the conflict could be about being at that specific school, or being

in that particular major, or being in school right now instead of taking a gap year to travel first, etc.).

When you don't resolve conflicts and layer on more conflicts, it gets hard to untangle. A conflict about an essay layered on a conflict about school is harder to deal with than just one or the other. And there can be many more layers.

The solution isn't to start your life over or get a clean slate or make revolutionary changes. Don't just try to declutter every big choice in your life such as going to university. You usually are better off with a slow transition and you can be happy with a plan to change gradually. The part of you that doesn't like school can understand, appreciate and agree with a slow transition plan as long as its real and honest. If the plan to change is fake – something you're never really going to do – then you probably won't really fool yourself and will remain conflicted. Even if you trick part of yourself, that will only work temporarily and later on you will realize you aren't actually transitioning.

Quick, large changes usually don't work well because part of you wants to do what you're doing. E.g. part of you thinks university is good. Just quitting immediately would ignore part of you just like attending is ignoring part of you – and it'd be more disruptive to your life. A quick, large change sometimes does work well if it's due to actual problem solving – if you actually successfully resolve a conflict quickly, then you can act based on what all parts of you now favor (but even then, it often takes time to plan and put thought into the new situation, so rushing can be bad).

If you rush into big changes, you can screw them up and end up conflicted again in a different way. And often you were actually conflicted about doing them at all. The part of you that is in favor of what you're currently doing generally isn't going to want to make drastic, quick changes. If you suppress the pro-university part of you in favor of the anti-university part, and drop out, you're just swinging the pendulum to the other side, not problem solving. You need a plan that is reasonable from the perspective of all sides of you.

A good plan would figure out your concerns about school, e.g.:

- some desired benefits will fail to materialize
- parts of it are a waste of time
- it's too expensive
- it's filling up your life so you don't get a chance to do some other things that are very important

So then you'd make a plan to get the important benefits of school while avoiding those downsides. That might involve e.g. going to school in a cheaper and more time-efficient way, or leaving school to pursue a different route to a good career.

You could investigate the parts you think are a waste of time to try to see the point of them. Some have a point. Some could be done in a way with a point. Some could be done faster. Some could be avoided. Some are negatives but aren't that big a deal. If you did an alternative life path, you also wouldn't use your time perfectly efficiently. You should seek an approach that's good enough that you don't know of any clearly better way to approach your life. You should be satisfied with that (for now, pending new thinking and better solutions). You shouldn't seek perfection.

You could figure out some financial plan that'll get you a life you're happy with. That's possible despite paying school tuition.

You could prioritize a few really important things in some free time, e.g. on weekends or holiday breaks. If those things are genuinely so important to you, you can prioritize them. If you find yourself going to parties or socializing with buddies instead, and *that* is why you aren't doing stuff you "want" to, then stop blaming school. It isn't your classes that are taking up all your time and not letting you do this other stuff. You need to consider what you like about parties and socializing, and where it should fit in your priorities, and analyze the various parts of you that are conflicted and disagree about it.

You could also consider quitting school. Maybe you could learn the skills faster and cheaper without school, and then get a job despite lacking a degree, and that would be better overall. But is that really going to happen? Maybe you'll quit school then keep procrastinating on the same topics. Maybe you went to school in the first place because you weren't enough of a self-starter to learn everything online at home, and you still aren't, and maybe you can gradually transition to be more of an independent learner who doesn't need a teacher, but dropping out of school now won't work well for you.

Generally you're where you are in life for reasons. It makes a lot of sense to a big part of you. It's not an accident. Big changes will have often unforeseen, negative consequences. You'll end up confused, in a foreign situation you don't know how to handle, where your intuitions don't work well. If you really think you can be a great self-learner, do it for at least a few months while also attending school. If you just make excuses about how school keeps you too busy for it, it's doubtful you'd do it after quitting school. If you can make it work in your current life, even though it's hard, then maybe you could then transition to it as your main approach. Having a lot of success with it on the side might convince the pro-school part of you that it will work and resolve the conflict. Or it might not resolve the conflict – you might still have a lot of intuitions or explicit ideas favoring school – in which case you should analyze what's going on there more, try more non-disruptive problem solving, etc. Keep up the problem solving until you're no longer conflicted.

It's the same with changing careers. Usually you should study your new career and start getting involved *without* quitting your job. Sure it's hard in some ways. But if you can't deal with some challenge, then maybe changing careers isn't for you (changing careers is widely and accurately considered challenging). And it's much safer not to just quit first then try a new field second. Maybe you won't like the new field. Maybe you'll need to try a bunch of things before you find the right one. Your current job has positives. You wouldn't have it otherwise. If you quit before having a great alternative prepared, you're just suppressing a different part

of yourself that wanted the job. Don't quit over vague plans or dreams or hopes. If you really want something else, start fitting it into your current life. If you won't do that, maybe you don't want it or are conflicted about it and need to resolve that conflict without assuming in advance what the conclusion will be.

It's the same with learning CF. If you can't fit it into your current life some, maybe you don't care that much. Quitting your job or school with a plan to suddenly start taking CF seriously and learning it a ton probably won't work out well. If you were actually going to do that, why don't you do more of it now before quitting?

Similarly, planning to do CF later after you reach a career milestone is unrealistic. If you can't/won't/don't fit it into your life now, why would you later? If you're just waiting a month, maybe it's fine and really is a short term issue (though you should be suspicious), but planning to do it later in a few years is probably just lying to yourself so you can view yourself as super rational and smart without having to actually learn a bunch of smart, rational stuff.

It's different if you're working 80+ hour work weeks or you're a slave or indentured servant. It's hard to fit extra stuff into that life. If you're working 3 jobs, it's hard to fit in more stuff. But if you have a 40 hour work week at one job in the U.S. today, that is not taking up your whole life anymore than college is. College *plus* a full time job is really hard, or college plus a part time job and a kid to take care of. If you have *multiple* big things – parenting, jobs, college, etc. – at the same time, it gets a lot harder to fit in other stuff. People in those situations usually aren't really in a position to just quit and change directions in life. They are working multiple jobs because they really need the money in the short term. They can't quit being a parent. Some people have more privilege than others and nothing I said about introducing new things into your current life without quitting a big thing to free up time was intended to say that the people in really hard situations could realistically do that. Maybe by a heroic effort they could. But there are also a lot of other people in easier situations who absolutely could do

philosophy on the side without that much trouble if they wanted to, and I was speaking more to them.

Conflict Resolution

In each case of being conflicted, you should investigate what you like and dislike about the activity or idea that the conflict is about. Why you want to do or think that? What's the good here? What's the bad?

Is there a single thing you consider both good and bad? Or are the good and bad parts separate? Maybe you could separate and do only the good parts without the bad parts?

Procrastination is based on internal conflicts between different parts of yourself (different ideas or pieces of knowledge within you). It's an indicator that problem solving is needed to resolve your conflicts.

Resolving your conflicts follows the same general methods as rational critical discussion or rational debate. Rational thinking and problem solving is just one method whether you do it alone or with other people. Doing it alone tends to involve more introspection and more gathering data points about your intuitions, but isn't fundamentally different.

To resolve a conflict between ideas means finding a win/win solution – a resolution that all sides in the conflict are satisfied with and have no strong objection to. There are a some standard techniques you can use (in no particular order).

First is finding and pointing out an errors (criticism). An error lets a side can see how/why they were wrong and change their mind. If you understand why you were wrong about something, it'll change what you want.

There are two main responses to criticism: either changing your mind or giving a counter-argument. You can either agree or disagree with the criticism. The counter-argument can point out that the criticism has an error *or* that it's

incomplete in some way (so it’s correct as far as it goes but it’s insufficient for changing your mind). After a counter-argument, further criticisms and layers of counter-arguments may be made.

Second, you can look at things with a different perspective. Sometimes instead of trying to point out why some reasoning is wrong, it’s more effective to view the situation in a different way. Sometimes the reasoning was better viewed as incomplete rather than wrong.

Third, you can learn new things. Any new, relevant knowledge may be helpful.

Fourth, you can consider why each side wants what it wants. What are some higher level values or goals they have? In this way, you can find common ground, e.g. both sides want you to be happy. In that case, where there is a shared value, you can figure out a plan to get it which will satisfy both sides. The sides may disagree about some specifics, but at least one side is mistaken and truth-seeking could resolve the conflict. (This also works with more than two sides but then it’s harder and more complicated. In that case, it can help to temporarily set some ideas aside and try to resolve a conflict between only two sides at a time.)

Fifth, you can break the problem into smaller parts and try to resolve them one at a time.

Discussion

Continue Discussion 26 replies



Dface March 2023

> Similarly, planning to do CF later after you reach a career milestone is unrealistic. If you can't/won't/don't fit it into your life now, why would you later?

What's the point of trying to fit CF into my life now when I know there's a good chance ill get stuck or end up doing something dumb like gaslighting or passive agression? I just don't understand a way forward with CF without already having a lot of useful life skills. Whenever I text something i already feel like i messed up. I just don't get it sorry

1 reply



MetaCreation March 2023

So I assume you don't want to gaslight or be passive aggressive, but you think you have problems with doing that sort of thing and have done that sort of thing here before.

You've come back (after a year) that tells me that you do value being involved here.

You've made some serious mistakes, but you seem to want to improve on them.

Those specific mistakes are major obstacles to your ability to communicate and learn, and you know this. I think it's safe to assume that you make similar gaslighting/passive aggressive mistakes in other ways you deal with people. So it seems to be very much in your interests to work on them.

A way of making useful progress on those issues might be to go back to when you've done that in past posts, and do some serious introspection and brainstorm what went wrong and how you could do better in that sort of situation in future.

(to be clear I've only been active here for a few weeks and am not familiar with the posts you seem to be talking about, I've read and observed CF/FI/curi content on and off for years and have my own subconscious obstacles and big mistakes)

1 reply



Dface ▶️ MetaCreation March 2023

> A way of making useful progress on those issues might be to go back to when you've done that in past posts, and do some serious introspection and brainstorm what went wrong and how you could do better in that sort of situation in future.

I could try your suggestion but what do I do after trying it a couple times? Imma just end up out of context with what i need to learn. Im undecided on doing your suggestion

1 reply



Elliot March 2023

>  Dface:
>
> What's the point of trying to fit CF into my life now when I know there's a good chance ill get stuck or end up doing something dumb

> chance if I get stuck or end up doing something dumb

You have a good chance to fail at anything. Many people take up chess and fail to become competent players. Many competent chess players aim to become great players and fail. A significant portion of great chess players aim to become the best in the world and fail (some of them end up happy and successful in the chess world despite this failure). It's the same for every sport, cooking, diet, exercise, math, science, etc. People fail a lot at careers or college majors.

It also depends on your goals. If you want to be a great thinker, there isn't a reliable alternative to CF. I have argued that a lot of the philosophy alternatives are basically counter-productive and have approximately zero chance of success (their ideas are decisively refuted and they have no representatives who will discuss/debate the matter). But even if they weren't refuted, none of them claim to offer a reliable way to become a great thinker, and many aren't even trying to create great thinkers.

If you have some other goal(s) besides being a great thinker, then the relevance of CF and many alternatives could be considered for whatever those goals are. Parts of CF can be useful in more modest ways. People do often fail at smaller goals due to irrationality, poor thinking, poor problem solving skills, etc. CF could help with those things.

What I criticized in the quote was someone with a goal to do CF but who plans to do nothing related to CF for years and then do CF later. That is generally a bad idea that results in a lower success rate. I would have a similar opinion for other things, such as self-help, meditation, chess or a paleo diet: if someone wants to do them but plans to do nothing for years and then get started later, I doubt that's a good plan.

It sounds like you've had some sort of failures or inner conflicts that you haven't shared. If you want to talk about them then make a new forum topic (since it'd be off-topic in reply to this article) and you can share about what you've tried and what you think went wrong. If you share that and want advice, you can ask for it. It's hard to say anything very helpful without knowing what you're personally getting stuck on. I and the other forum members don't currently have much knowledge of what's going on with you.

And while it should go without saying: If you don't want to talk about your problems in a forum topic, then don't. You're the one reading my articles and coming to my forum by your own voluntary choice; I haven't asked you to do anything and you're free to leave and stop paying attention to me at any time. If you feel pressured in some way and you think I'm doing something to pressure you, I would appreciate information about it because that is not my intention and I don't think writing impersonal, philosophical essays is pressuring, but if there is some problem with my activities then I would like to fix it.

1 reply



Dface ▶ Elliot March 2023

> If you don't want to talk about your problems in a forum topic, then don't.

Yeah, something just keeps bringing me back here.

> but if there is some problem with my activities then I would like to fix it.

I wouldn't be able to give you a non problematic answer if I tried.

I don't want to add on to the dumb harassment campaign on you. I don't want to

I don't want to add on to the dumb harassment campaign on you. I don't want to cause trouble. I'll cya



MetaCreation March 2023

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can also resist bias.

27 Apr 2026 · 4 min read

subconscious conflicts. If I were to pick something myself, I might pick something that brings up a problems which you're not comfortable with.

If you were to go through them and find one past post of yours that you think you made these kind of mistakes in, I wouldn't mind looking through it. But if there's something else specific you want to focus on, any improvement is good improvement.

> 
> Dface:
>
> Imma just end up out of context with what i need to learn.

What do you think you need to learn?



Dface July 2024

> Elliot:
>
> If part of you doesn't want to do something, then that's a conflict that should be rationally resolved.

Rationally resolving something sounds like it would help a lot with getting started on things. So many times I start by "just doing it" and it doesn't end well. Like after "just doing it" once I have to do it again and again until the next morning when I "just don't do it".



Dface July 2024

> Elliot:
>
> You need to recognize that if you're avoiding doing something, part of you thinks it *should not be done* (as-is with no modifications).

Posting vs not posting on the forum is something to procrastinate about. One side of me sees posting is good so I can engage with CF content and practice, but the other side is saying don't post cuz there's gonna be so many errors. I had more to say, but I cut it out so I don't get ahead of myself with this post.



Dface July 2024

> Elliot:
>
> If you rush into big changes, you can screw them up and end up conflicted again in a different way. And often you were actually conflicted about doing them at all. The part of you that is in favor of what you're currently doing generally isn't going to want to make drastic, quick changes.

Yeah, I've been trying to read self help stuff but from articles online(I can't afford books rn). It felt great at first to transition from youtube self help videos to articles, but the parts of me that don't want to do any of this is still there. It sounds dumb to just ignore the signs. I can see now how learning will take a long time to do.

1 reply



Elliot July 2024

> Dface:
>
> Yeah, I've been trying to read self help stuff but from articles online(I can't afford books rn).

Libraries are free.

1 reply



Dface ▶ Elliot July 2024

That's what I was thinking of. I'm gonna have some books checked out and see if I want to transition to them from youtube.



Eternity Regular August 2024

I read the article during a break at work the other day. Today I decided to start going through it and writing down notes and thoughts I have on it.

> If part of you doesn't want to do something, then that's a conflict that should be rationally resolved. Trying to just do it is suppressing part of yourself and is a win/lose attitude not a win/win solution.

- So this is saying that procrastination is a part of you not wanting to do something? That makes sense.
- What is something I've procrastinated on as of recent? Hmm. I procrastinate on my chores quite a bit. I know (or at least that's what I tell myself) that I should be doing them. If I don't do them my house will be messy, I get stressed out by the mess, and I feel like its a basic life skill I think I should have mastered. Why do I struggle to do it then? I'd say its hard to when I'm tired, but even then I struggle to do chores on days when I'm well rested. Versus if I'm well-rested I don't have any issues doing philosophy or playing games like Baba is you. I think I build up the chores as a big task. Hmm. I think

its that I have a hard time focusing on the simple daily chores that I want to daily. I always get caught up in how much of a mess the house is and want to do more and end up getting lost in time. Though I do enjoy doing the chores when I get started. Its the getting started thats the hard part.

> If you find you procrastinate on something, or partly feel like procrastinating on it, then *part of you doesn't want to do it*. That is a conflict. If you were unconflicted, you wouldn't even be tempted to procrastinate.

- That makes sense. What are some things I don't procrastinate on as of recent? Playing "Baba is you" I guess. Hmm. I don't think I procrastinate on stuff like my philosophy tutoring but I do fail to do some work at times. While i do think there was some stuff I didn't like doing at times (I think mainly the word problems relating to math, but I've always not liked them, probably should've been more vocal) the vast majority of stuff we've done so far I've never felt conflicted about starting I think, but then I miss days due to working a lot and being tired. Hmm. This is something I've struggled with in the past: I feel to tired to do something I want to do, but I know it requires effort for me to do it. That seems like a conflict. "I should keep up my philosophy studies today, but I'm too tired after a busy and stressful day at work." I guess it would come down to if I'm choosing to avoid philosophy because I know I wouldn't be effective if I'm tired and that I should get rest so I can better approach it tomorrow. Hmm. That still sounds like procrastination. I think I'm missing something?

> If you have trouble with *getting started*, but you like something once you start, then *you have a conflict* – part of you dislikes it. There's a problem to solve there. The problem is not with becoming more motivated or learning "life hacks" to avoid procrastination. The solution shouldn't be to find more ways to get started (you can do that, or not, but it won't address the primary issue). The problem is there is an objection – a criticism – inside you which you have not refuted and should not assume is wrong.

- That makes sense. With the example I gave with chores above I think I avoid doing them because I feel like I: 1.) am not doing enough and 2.)am always doing a lot more than intended. Doing the chores themselves necessarily isn't bad. The act of sweeping my room, or cleaning the litter box isn't bad. I like how clean it is after and I usually listen to podcasts or something. Plus the movement helps me feel awake and getting stuff done makes me feel good. I think part of hang-up is feeling guilty? about not getting enough done instead of focusing on just doing a consistent set of daily cleaning. So to avoid the guilt of not having it as clean as I'd like I just don't do it. (I don't know if guilt is the right emotion here).

2 replies



Elliot ▶️ Eternity August 2024

For chores, I'd suggest brainstorming a list of negatives of chores. What are the downsides that part of you may dislike about them? You seem more aware of positives but could brainstorm those too to get a written list and in case you come up with some more.

For fatigue, people have limited energy relative to time. You can't just do high-energy stuff for most of your waking hours every day. You have to manage your energy budget by finding ways to mix in some lower energy activities and deciding that some high energy activities aren't worth doing. (I don't know if you're already

doing these things. I'm just speaking generally.)

There are also lifestyle changes which may increase your energy budget. You could brainstorm a list of those if you're interested.

1 reply



Dface August 2024

> Eternity:
>
> I guess it would come down to if I'm choosing to avoid philosophy because I know I wouldn't be effective if I'm tired and that I should get rest so I can better approach it tomorrow. Hmm. That still sounds like procrastination. I think I'm missing something?

I do something similar where if I'm sleep deprived I don't want to do philosophy. Like I'll feel better about it the next day if I get more sleep. It doesn't sound worth it doing posting when sleep deprived. I wonder too sometimes if what I do is the same as procrastinating.

1 reply



Elliot August 2024

> Dface:
>
> I do something similar where if I'm sleep deprived I don't want to do philosophy. Like I'll feel better about it the next day if I get more sleep. It doesn't sound worth it doing posting when sleep deprived. I wonder too sometimes if what I do is the same as procrastinating.

How to view this depends on how frequently you're sleep deprived. If it's 2 days a month, or 20, those are different scenarios.

2 replies



Dface ▶ Elliot August 2024

Oh yeah, I think it's around once a week for me.



Eternity Regular August 2024

Some more thoughts on the article from today:

> People often fail to recognize these things as inner conflict, or fail to view them as *disagreements between pieces of knowledge*, or don't even try to do problem solving about *the ideas themselves*. They do meta problem solving based on assuming a conclusion. Like they blame poor motivation and try to find ways to be more motivated and get themselves to do the activity. They don't respect the other side as having an *substantive disagreement* and possibly being right. Maybe you shouldn't do the activity or should make changes to the activity before doing it.

- Hmm. Yeah. A lot of people see issues they have as "demons" or something of the like. If they struggle to do something they think they should do like workout 3x a week, they think its an unfixable problem. They are aware of the part of

them that wants to workout. They are unaware that possibly they have ideas about why they don't want to work out that make it harder for them to do it. They just have bad feelings and take them for granted.

- Hmm. Or they can be aware of the ideas that make it hard to work out but are bad at resolving said issues. For example, a reason they may be hostile to working out is because they feel uncomfortable going to the gym, or because they don't enjoy weight-lifting. or because cardio makes them feel terrible, etc. These are common reasons people can be aware of for why they don't want to workout/go to the gym. They may reason to themselves and resolve said issues. Such as "I want to work out for certain health benefits not necessarily to get muscles and look good, so I don't have to weight lift. I can just go for walks which I enjoy much more." This resolving can also fail because people lie to themselves. They want to workout to look good *and* for health benefits. They lied to themselves about not wanting to look good and now a part of them subconsciously hates going for walks because it doesn't fully accomplish their goal of getting muscle to look attractive.
- Making more sense of the above: people fail to fully address their ideas, too. For example, someone may have been thoroughly convinced that they don't need to workout for attraction reasons. So that's no longer an interest. They don't integrate that well and make it a subconscious thing. People (and I'm guilty of this) will "understand" and prove to themselves on something and feel like they're done. They don't realize they have to re-wire their subconscious with new knowledge.

> They think it's a conflict between e.g. "this is a great activity that will benefit me a lot" and "lazy". It isn't. Part of you doubts it's great or beneficial, or perhaps part of you thinks the activity is so horrible that it isn't worth the benefits that come later. You need to recognize that if you're avoiding doing something, part of you thinks it *should not be done* (as-is with no modifications).

- I wonder how much of this is due to an inability to introspect. I don't know how to gauge my introspection skills, but I've come to realize I'm quite a bit better at introspecting then the people around me. Or maybe I'm not necessarily good at introspection, but people around me are just very bad at it.



Eternity Regular August 2024

> Elliot:
>
> How to view this depends on how frequently you're sleep deprived. If it's 2 days a month, or 20, those are different scenarios.

Hmmm. If you're sleep deprived here and there that could be just some variance in how things go in someones life, but if its all the time that signifies that maybe you just don't care about sleep. If someone struggles to get their sleep schedule together they have reasons why they like staying up late, or they have reasons as to why they like a sporadic schedule (maybe they have a bunch of friends with different schedules that they want to game with or something).

They may also not see a value in not being sleep deprived. I get a bit of backlash from this at work due to my reasoning for refusing to open. We open at 4:30, we have to be there 30 minutes before to open the store. So opening shifts start from 4:00. I've shared that I've noticed how much better things have been for me after getting enough sleep, no one really cares. Oh yeah, to clarify there's somewhat of an expectation to open as a supervisor. I told my manager I'll take the pay-cut and step down, but I'm not opening. I'm a good worker and he's willing to work with me,

so it hasn't been an issue.

1 reply



Eternity Regular August 2024

> Elliot:
>
> For chores, I'd suggest brainstorming a list of negatives of chores. What are the downsides that part of you may dislike about them? You seem more aware of positives but could brainstorm those too to get a written list and in case you come up with some more.

Hmm. Yeah I probably will soon. I think this is true for a lot of stuff in general. I'm aware of the positives of things, not necessarily the negatives. Or, in some cases, I may be aware of the negatives but mentally I feel the positives outweigh the negatives, so I don't bother addressing the negatives.

> Elliot:
>
> For fatigue, people have limited energy relative to time. You can't just do high-energy stuff for most of your waking hours every day. You have to manage your energy budget by finding ways to mix in some lower energy activities and deciding that some high energy activities aren't worth doing. (I don't know if you're already doing these things. I'm just speaking generally.)

That makes sense. I've been aware of these concepts previously. I struggle to take my energy being limited seriously. I think I'm quite short-term on stuff, so when I feel good I think I can do more and when I feel bad I try to lesson my load. I struggle to carry the lesson from when I overreach and do too much to not do too much when things are going well.

> Elliot:
>
> There are also lifestyle changes which may increase your energy budget. You could brainstorm a list of those if you're interested.

Hmm. Here's a short list for now:

- Consistent sleep schedule
- Look into getting better quality sleep
- look into food and energy
- hmm. work on budgeting my money better so I don't have to work as much, less work more time for other stuff
- exercise makes you feel better

1 reply



Elliot August 2024

> 
> Eternity:
>
> Or, in some cases, I may be aware of the negatives but mentally I feel the positives outweigh the negatives, so I don't bother addressing the negatives.

The outweighing idea is one of the major things CF criticizes.

One of the problems with it is its dismissive. It's a way to reach a conclusion that

One of the problems with it is its dismissive. It's a way to reach a conclusion that contradicts X without saying why X is false. If you treat another person that way, they'll feel like you're ignoring their arguments instead of actually winning the debate, and they won't like that. If you treat part of yourself that way, you're being dismissive of yourself and mean to yourself.

1 reply

Elliot August 2024

> Eternity:
>
> They may also not see a value in not being sleep deprived. I get a bit of backlash from this at work due to my reasoning for refusing to open. We open at 4:30, we have to be there 30 minutes before to open the store. So opening shifts start from 4:00. I've shared that I've noticed how much better things have been for me after getting enough sleep, no one really cares. Oh yeah, to clarify there's somewhat of an expectation to open as a supervisor. I told my manager I'll take the pay-cut and step down, but I'm not opening. I'm a good worker and he's willing to work with me, so it hasn't been an issue.

Another way to view this is if you sometimes open and sometimes close, you have to be available to work in a big time range, like 4am to 9pm or whenever closing finishes. Plus there's commute before or after and getting ready for work or bed before or after.

So if you both open and close, that might give you 10pm to 3am as safe hours when you can always sleep. That's only 5 hours. That's not enough to have a consistent 8 hours of sleep at the same time every day.

It's better if you can have a consistent 8 hours reserved for sleeping, like 10pm to 6am, which means with some time to get ready and travel you'd only be available to work between maybe 7am and 9pm, which is a 14 hours range. I think being available during a 14 hour time window is being flexible. A *lot* of people are only available from 9am to 5am, which is an 8 hour range, and they don't work at other times. For a job that wants you to work different shifts on different days, maybe a 12 hour time range that they always fall within (like 9am to 9pm) would be reasonably fair? I don't really know; I'm just armchair speculating. Having them shifts fall between 4am and 9pm would be a 17 hours range which is really harsh.

My basic point is I think you should set reasonable boundaries here and then stand up for them without being defensive about it (you should feel justified and reasonable) and without being willing to take a pay cut.

I think the store should have different morning and night people in a way where everyone has some time of day where they can actually consistently get 8 hours of sleep. Asking people to shift their sleep schedules by multiple hours is a *big* ask that's really disruptive to good sleep.

I don't really know what's normal at these specific type of jobs but moving people's shifts around as convenient for the store, in a 17 hour time range, is a huge thing to ask that a *lot* of jobs do not ask for. If that's actually normal or reasonable, and something many of your coworkers actually put up with, that is a reason to seek a better job. I'm not sure if your coworkers actually put up with that or if some kind of unfair comparison is being made, like some of them don't close but still think you should do morning shifts and don't see the connection between the two.

I know sometimes at these jobs managers figure out who is a good or responsible worker and then exploit them and take advantage of them and ask too much of

them, so you should watch out for that happening to you where you may get treated worse than lazier and more irresponsible coworkers. A common way that's done is there are some people who miss lots of shifts and the manager gets the good worker to cover for them, but then when the good worker wants a day off, even if he asks months in advance, the manager isn't helpful and says "find someone to cover for you or you can't have time off" and then the good worker tries to call the bad workers (which should be the manager's job) and then they refuse to cover… There are multiple stories along these lines, as a chronic thing that went on for months or years, on r/antiwork.

Asking you to open one day and close a few days later and keep going back and forth is in many ways *worse than working a graveyard shift* (where you work at night and have to sleep during the day – which many people won't do) because a graveyard shift at least lets you sleep the same 8 hours every day.



Eternity Regular August 2024

> Elliot:
>
> The outweighing idea is one of the major things CF criticizes.

Introduction to Critical Fallibilism:

> CF says all ideas should be evaluated in a digital (specifically binary) way as non-refuted (has no known errors) or refuted (has a known error).

Hmm. That makes sense. So the negatives I may have with something are errors that I should I address. That makes sense. Also I remembered this from Multi-Factor Decision Making Math:

> In *It's Not Luck* (ch. 21), Eli Goldratt discussed using a pro/con list to decide whether or not to buy a boat. He proposed looking at every con and trying to come up with a solution for it, and buying a boat only if every problem was solved (cons are problems). That's a decision making method which doesn't add factors. (It's actually combining factors with multiplication, as I'll explain later.)
>
> Goldratt also has other proposals, in the same chapter, like using if-then logic to causally connect an action, like buying the boat, to each con. How will taking the action cause each con? Map that out instead of relying on intuition to connect cons to the action. A solution has to address a con's causes. A solution changes something so that cause-and-effect (reality, nature, logic) no longer causes the con.

1 reply



Elliot August 2024

> 
> Eternity:
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> > CF says all ideas should be evaluated in a digital (specifically binary) way as non-refuted (has no known errors) or refuted (has a known error). - Introduction to Critical Fallibilism
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> Hmm. That makes sense

Please include a source link for external quotes outside of and before the quote

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1 reply



Eternity Regular ▶️ Elliot August 2024

Sorry. Is it corrected now?



Eternity Regular August 2024