

Beginner Chat Room  
2:10–2:50 p.m., June 11<sup>th</sup> and 13<sup>th</sup>, 2024

Theme: Procrastination

テーマ：先延ばし

Self-introductions for new participants:

- What is your name?
- Where are you from?
- What do/did you do for work (job title, raised children, etc.)?
- What do you like to do for fun?

初めての方の自己紹介：

- 名前：My name is...
- 出身：I am from...
- 職業あるいは主婦：I am a.../I do...for a living./I work for...
- 趣味あるいは好きな活動：I.../I like to...

Questions:

1. Are you a procrastinator?

2. What do you procrastinate on?

3. When do you procrastinate the most?

4. Why do you think you procrastinate?

5. When can procrastination be good?

6. When is it bad to procrastinate?

7. How can you stop procrastinating?

質問：

1. 先延ばしをするタイプですか。（例：Yes, I tend to procrastinate on important tasks.）

2. 何を先延ばしにしがちですか。（例：I tend to procrastinate on household tasks like cooking and cleaning.）

3. 先延ばししがちなのはどんなときですか。（例：I tend to procrastinate when I have nothing else to do.）

4. どうして先延ばしすると思いますか。（例：I procrastinate on things that I think will be difficult.）

5. 先延ばししたほうがいいこと（とき）はありますか。（例：Procrastinating on creative tasks can be good.）

6. どんなときに先延ばしはよくないですか。（例：It's bad to procrastinate when people are depending on you.）

7. どうすれば先延ばししなくなると思いますか。（例：Using reminders on your phone can help you stop procrastinating.）