# Article information:

What causes your brain to procrastinate and how to face it - The Washington Post  
<https://www.washingtonpost.com/wellness/2023/01/05/procrastination-help-brain-tasks/>

# Article summary:

1. A 2022 study suggests that procrastination may be caused by a cognitive bias, where people believe tasks will be easier in the future.

2. The medial prefrontal cortex is central to making cost-benefit calculations when deciding whether to procrastinate or not.

3. To reduce procrastination, one should remember the task and envision their future self to remind them that the task won't be any easier in the future.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is generally reliable and trustworthy, as it provides evidence from a study conducted in 2022 which supports its claims about procrastination being caused by a cognitive bias. The article also cites experts such as Samuel McClure and Raphaël Le Bouc who provide further insight into the topic. Furthermore, the article provides practical advice on how to reduce procrastination, which is supported by evidence from the study mentioned earlier.

However, there are some potential biases present in the article which could affect its trustworthiness and reliability. For example, there is no mention of any counterarguments or alternative explanations for why people might procrastinate, which could lead readers to form an incomplete understanding of the issue. Additionally, there is no discussion of possible risks associated with trying to reduce procrastination or any potential drawbacks of doing so. Finally, while the article does cite experts in the field, it does not provide any opposing views or perspectives which could have provided a more balanced view of the issue at hand.

# Topics for further research:

* Counterarguments to procrastination
* Risks associated with reducing procrastination
* Potential drawbacks of reducing procrastination
* Alternative explanations for procrastination
* Opposing views on procrastination
* Balanced view of procrastination

# Report location:

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