

The Akrasia Effect: Why We Don't Follow Through on What We Set Out

by Samuel Adeosun - Wednesday, October 31, 2018

<https://dhm.com.ng/the-akrasia-effect-why-we-dont-follow-through-on-what-we-set-out/>

From antediluvian, human beings have been procrastinating for centuries. Even prolific artists like Victor Hugo are not immune to the distractions of daily life. The problem is so timeless, in fact, that ancient Greek philosophers like Socrates and Aristotle developed a word to describe this type of behavior:

AKRASIA

Akrasia is the state of acting against your better judgment. It is when you do one thing even though you know you should do something else. Loosely translated, you could say that akrasia is procrastination or a lack of self-control. Akrasia is what prevents you from following through on what you set out to do....your purpose, vision and plans to e precise!

Why would Victor Hugo commit to writing a book and then put it off for over a year? Why do we make plans, set deadlines, and commit to goals, but then fail to follow through on them?

One explanation why akrasia rules our lives and procrastination pulls us in has to do with a behavioral economics term called “**time inconsistency**.” Time inconsistency refers to the tendency of the human brain to value immediate rewards more highly than future rewards.

When you make plans for yourself — like setting a goal to build capacity by studying the scripture, praying, fasting or to write a book — you are actually making plans for your future self. You are envisioning what you want your life to be like in the future and when you think about the future it is easy for your brain to see the value in taking actions with long-term benefits. And when the time comes to make a decision, however, you are no longer making a choice for your future self. Now you are in the moment and your brain is thinking about the present self.

Interestingly, researchers have discovered that the present self really likes instant gratification, not long-term payoff. This is one reason why you might go to bed feeling motivated to make a change in your life as regard your relationship, but when you wake up you find yourself falling into old patterns. *One of the reasons you must have an image that will propel you to achieve your aims or a VISION BOARD to keep you in check and as well get you focused...* “If the eye is single, the whole body will be full of light.”

Your brain values long-term benefits when they are in the future realm, but it values immediate gratification when it comes to the present moment.

This is one reason why the ability to delay gratification is such a great predictor of success in life. Understanding how to resist the pull of instant gratification—at least occasionally, if not consistently—can help you bridge the gap between where you are and where you want to be.

What I am saying in essence is that, you must be able to delay your present gratification and pursue your

future benefits if you must be the person God wants you to be.

Continues tomorrow....Stay Tuned!

God bless you!

PDF generated by Discovery House Ministries