

# **When helping doesn't help - having support encourages procrastination, says study**

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***The Vancouver Sun:***

A supportive partner can often give people a good kick in the rear to get motivated to accomplish their goals, but a new study suggests that too much cheerleading actually may have a detrimental effect.

The study from two U.S. universities looked at “self-regulatory outsourcing,” the notion that thinking about how other people can help you achieve a goal can actually decrease your motivation to focus on that task yourself.

Read the whole story: [The Vancouver Sun](#)

