

More FAQ

Are you accusing me of laziness? No! PAL never accuses anyone of being lazy. Although we do assert that the phenomenon of laziness (or sloth) exists in the world. We only work with clients after they *themselves* have already come to the conclusion that laziness is an issue in their lives.

What is laziness? There are many very real things in life which are difficult to define. For example: love, anger, loneliness and joy. Laziness is like that, too. Having said that, here is our best attempt at a definition: *Laziness happens when work is morally obligatory, but a person chooses not to exert themselves.* Of course, there are obvious grey-area exceptions in the case of physical or mental illness.

Who is lazy? That is a very hard question to answer since it deals with the matter of inner motives. As far as PAL is concerned, we skip this problem entirely by letting the client decide the answer for himself. For questions of motivation, only the individual himself can clearly see his own heart.

Where can I go to learn more? See PeopleAgainstLaziness.org online. You can also visit us on Facebook.

Medicine

Think about these old sayings. They will help you to become more focused. Pick three favorites and then repeat them to yourself throughout the day - and especially whenever doubt and fear arise.

Success is 99% failure. *Soichiro Honda*

Empty pockets never held anyone back. Only empty heads and empty hearts can do that. *Norman Vincent Peale*

It's common for men to give 6 pretended reasons instead of one real one. *Benjamin Franklin*

Success is going from failure to failure without losing enthusiasm. *Winston Churchill*

Nothing will ever be attempted if all possible objections must first be overcome. *Samuel Johnson*

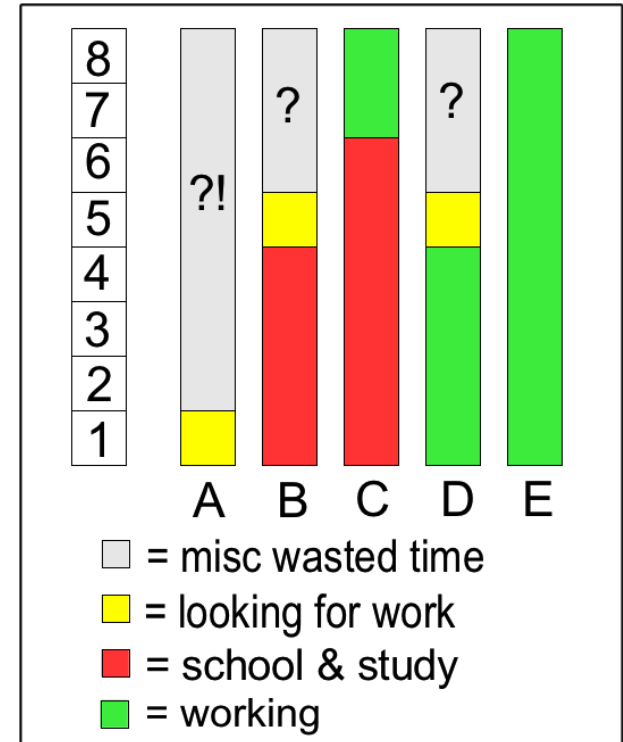
The time will come when winter will ask you what you were doing all summer. *Henry Clay*

Be bold - and mighty forces will come to your aide. *Basil King*

Sometimes fear is just the birth pang of courage. *Anonymous*

People Against Laziness

A charity to help lazy people



We interviewed five reasonably healthy adults. Each of them claimed that they would *like* to have full-time work. We asked them how they typically spend their eight "most productive" hours. This chart summarizes their answers. PAL is here to help people who currently fit into either the A, B or D categories, and would like to move to either the C or E categories.

Articles

[Self-Pity, Self-Respect & Self-Control](#)

Are there any simple steps that I can take that will strengthen my resolve to stay focused on my goals? Does cutting back on self-pity help? ...

[Two Kinds of Medicine](#) Psychiatrists prescribe chemical meds that treat the brain first and then, secondarily, the mind. Is there another type of medicine that can directly heal the mind? ...

[Shame – the Good, the Bad & the Ugly](#)

We all know that some kinds of shame can be very unhealthy. But are there also healthy kinds of shame? ...

[Is Laziness a Disease?](#) We have many systems in our bodies. Do our minds have a “belief system”, too? Could laziness be a symptom of a illness in the belief system? ...

[Cause of Death: Domino Effect](#) Can laziness cause death? Think of the case of a person who never exercises - and then he dies from a heart-attack. What might be the real cause of death? ...

[Comics](#) Much truth is spoken in jest. These comics parody the excuses that are sometimes offered to justify a lifestyle of inactivity. Do some kinds of time-management choices tend to result in poverty? ...

How Does it Work?

PAL is looking for folks who can say these four things about themselves:

- 1) Part of my problem is that I am lazy.
- 2) I regret the time that I have wasted.
- 3) My laziness has hurt me financially.
- 4) I want to change – but it seems to be impossible.

Importantly, we *never* try to convince a person that he is lazy. He must make that decision *on his own*.

We offer to pay a new client (who has already concluded that he, himself is lazy) to participate in a one hour, confidential assessment interview. The interview is an attempt to help the client to look at his beliefs about the topic of “work” - and then to compare his own beliefs with what he, himself, imagines to be the beliefs of “successful” people. Invariably, the client concludes that he has been fooling himself by believing things that are untrue.

Next, the client is asked to decide on some near-term goals that would help him to get back on track. We offer to stay in touch (text, email, call and visit) to remind the client to stay focused. If the client agrees, then we work out a schedule of how often to stay in touch. That's the whole process!

FAQ

[How much does it cost to get help from PAL?](#) Totally free. PAL is a charity. We are just trying to reduce human suffering by helping folks to come to terms with one of the *real* issues that is keeping them in pain.

[Does it make sense to pay new clients?](#)

It may seem that the offer to pay people to a) admit that they are lazy, and b) to talk about it, would bring in a lot of scam artists – people who are not *really* lazy. In practice, and for several reasons, that does not happen.

[Has PAL been successful in helping lazy clients?](#) Yes. By correctly stating the problem you are already half-way to the solution.

[Isn't laziness really just a symptom of depression or mental illness?](#) There are many sicknesses which can sap a person's energy to work or study. Separately, this is also another sense in which exertion is an inner person choice. In this *second* sense, we believe that laziness can exist independently of any physical or mental illness.