

Always late? Psychologist explains complex reasons behind a trait so annoying to others

[Punctual people may believe that late people are passive-aggressive](#) and that their time is more valuable than those who wait for them. But reasons for lateness are generally more complex. The reason may be the opposite of arrogance. It could be that they don't value themselves enough. If this is the case, might they be unable to see how others could possibly mind their non-appearance?

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Lateness can also be caused when we have a reluctance to change gear – to end one activity and start another. [We don't like getting up](#), we put off going to bed. Stopping something we are absorbed in to do something else can be annoying. It takes willpower to carry out. But if we don't change gear in time when someone is waiting for us, we are in danger of being judged as selfish.

Some late people choose to accept that they are terrible timekeepers and that they can't do anything about it. Yet punctual people think they know that late people could decide to be on time and follow through.

It is only when the latecomers make the decision to be punctual that they change.

Read full, original post: [Beat the clock: the surprising psychology behind being perpetually late](#)