

# Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -  
Restoring ORDER"

Issue 74 - April 2015

Knowledge is power!

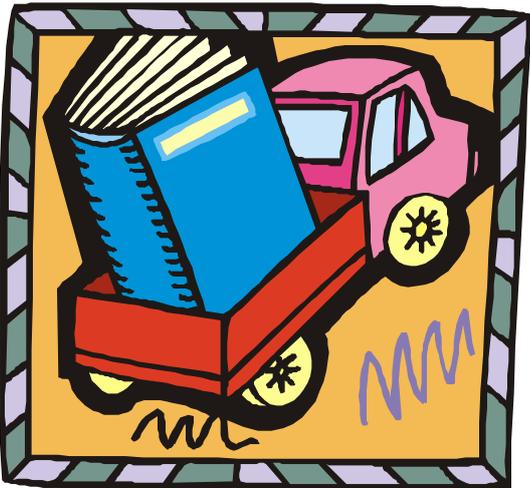


# Dear Friends of Organised Chaos

Welcome to the April edition of **Chaotic Times!**

Most of you will be aware that the last month has been rather a busy one for me as I embraced the challenge of '100 conversations'. This was an attempt to book 100 free Skype calls of 2 hour duration with anyone interested in discussing their decluttering or organisational challenges.

At the time of writing I've had 16 conversations and 8 more are booked. OK, so I didn't manage to book 100 sessions, but I've been hugely inspired by the experience. I know from the feedback I've had that my participants have been equally inspired and I do hope to hear more from them in the coming weeks. It's great to know that some of them have already made a start with decluttering. If you're intrigued, why not visit my [Facebook](#) page and take a look at some of the feedback that has been posted there?



## Are you familiar with the phrase - 'Knowledge is power'?

Knowledge comes in many different forms. You may be relieved to hear it's not all about doing well at school and memorising facts from hefty reference books (or websites).

I find it interesting when working for clients that we often uncover a "how to de-junk your life" kind of a book. Clearly it has not worked for them.



For many clients the value of a session with me is as much about developing some self-awareness as it is learning tips and hints to help them declutter.

### **Why is self-awareness key to decluttering success?**

Do you understand what motivates you to behave in a certain way? This is definitely a skill to practice, but like many skills, the more you practice, the easier it becomes.

You may think you have free choice in everything you do, but I would suggest that we all have 'received wisdom' that has become hard-wired into our brains. So much so that we genuinely believe this is our choice.



**When you discover the subconscious motivation behind your hoarding you then have the opportunity to understand and modify your behaviour**

One of my "100 conversations" participants told me she was a bit of a hoarder. There were three specific types of thing she could not resist buying in excess. On the surface it appeared that they were not in the least connected. However I had a sense there must be a link. She was not hoarding *everything*, after all.

I puzzled on this for a while and then suggested that the things she was buying in excess were all 'aspirational' items. Each item bought was in some way giving her the message that she wasn't good enough. Of course there's nothing wrong with aspiring to improvement but this didn't have a good feel to it. The purchased items were accumulating and becoming like a pointing finger, reminding her of her own *perceived* inadequacies.

Of course I can't make my clients think any differently, that's not my area of expertise. However, if we uncover a pattern of behaviour that is contributing to the person's situation then this is in itself a big step forward.

### **Are you ready for your lightbulb moment?**



It's only in discussing the situation in some depth that you're likely to find the answers. Of course most people would rather try and ignore their clutter because dwelling on it makes them feel bad.

This is where I can help you. All the self-help books in the world may not make you organised. My role is to find out how we can uncover your own personal motivation and a way of tackling the overwhelm that works for you - not against you.

### **Your first step?**

Simply give me a call - or drop me an e-mail.

*Best regards,  
Judith*

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