

Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -
Restoring ORDER"

Issue 51 - May 2013

Which are most important?
People? Or things?



Dear Friends of Organised Chaos

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

Hopefully you've been enticed into the newsletter by this month's attention grabbing headline.

Of course I don't expect you to e-mail me your answers. I'm assuming you will answer that of course, people are more important than things.

I intend to explore this question with you, though - as after all, actions speak louder than words.

Have you ever felt that a friend or family member valued a 'thing' more than they valued you? I'm thinking here of the kind of words that get thrown at your nearest and dearest during an argument:

***"You love your car/motorbike/dog/computer games/books,
- more than you love me!"***



Of course these words are rarely true, it's a case of perception. The person who feels this way believes that the inanimate object or pet gets more time and more attention. They then come to the conclusion that this must equate to getting more love.

Sadly, this conclusion may give rise to feelings of rejection.

So, what's this got to do with your clutter?

Let me explain.

How long would it take to *really* get to grips with your clutter? A few hours? Several days? Maybe a week?

So, decluttering would consume lots of your valuable time and take you away from the people and things you love.



I'm guessing you just can't find that time in your busy schedule.

What you may not realise is that the clutter itself *already* consumes your time and commands your attention.

But how can this be?

Be honest with yourself. How much time do you spend looking for things? Think about how often you have to move those piles around just to find some space.

Space on chairs, space on tables, space on kitchen counters, space on the floor



Attention grabbing?

Well, even when you're not spending time moving that surplus stuff around, or hunting through it for something you need - you're distracted. You find it hard to concentrate.

Even when you're not looking directly at it, clutter clambers for your attention. If it's in your peripheral vision then it claims your attention, albeit at a subconscious level.

This means that however hard you try, you can't give your full attention to those you love and cherish.

Bone of contention collection?

Likewise, if you have a favourite 'collection' that has simply grown and grown - it may be taking up a lot of space at home. Is your stuff overflowing into shared family areas, or what others perceive to be *their* space?

Have you got so many clothes, for instance that some of them are stored in your children's bedrooms?

How I can help

It's no great surprise then that this situation can cause a great deal of friction and distress amongst family members. That's before you even consider family members who don't live with you - and who you're embarrassed to invite round.

I can help you claim your life back by working with you to identify the behaviour patterns that have brought you to this point.

YOU are in control of where you place your attention. If you want to focus more on family and friends I have tried and tested methods to help you let go of clutter enabling you to enjoy more fulfilling family relationships.

My service is based on understanding and non-judgement.

Why not call for a chat - there's no obligation, whatsoever. Don't wait for the right moment, that moment is now.

Well, thanks for reading, don't forget to share this newsletter with any family members who may be interested!

*Best regards,
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