

# Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -  
Restoring ORDER"

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What's in your loft?



# Dear Friends of Organised Chaos

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

This month I'm asking you to consider the contents of your loft. Some of you will already be flinching at the very thought of it, I can guarantee! This topic has been prompted by a question I was asked when I recently gave a talk to a local group.

## **"What about lofts?", asked the nice lady**

For many people their loft space is a dumping ground for all kinds of things that are no longer needed on a regular basis. Almost a holding area - pending a decision . . .



There's a problem with this idea, though. Have you heard the phrase 'Out of sight - out of mind'? Yes, exactly!

Be honest, how do you feel when you think about the contents of your loft space?

If you're feeling a bit scared or that you want to run away, isn't it really time to bite the bullet? The contents of your loft aren't going to resolve themselves, and in reality it's probably not as bad as you imagine.

## **Why should you bother . . . .**

Well, what happens if you want more loft insulation installed? Won't you have to empty your loft?

OK, you don't want to save money by insulating your loft. Assume you don't tidy this space - eventually someone else will get the job. I know that's harsh but if *you* tackle it you will at least be able to make your own decisions about the contents.

If you've forgotten what's up there, then you might make some interesting discoveries!



## **Want to know more about the lady at the talk?**

She told me her loft was full of things belonging to her grown-up children but that they no longer wanted any of these things. She added that some of the contents were her children's old toys and she had wondered about giving them to her grand-children. However, on closer inspection she'd concluded that her small grand-daughter should not be given dirty and worn items when it wasn't necessary.

This lady seemed stuck.

Presented with her view of things it struck me that as far as her children were concerned she could part with all these things. Yet she was clearly reluctant to take action.

I invited her to explore her feelings around all these items and search for whatever might be stopping her in her tracks.

This was a great reminder to me that it's possible to create an intellectual plan for a specific outcome but if it's not in alignment with your emotions, then you will be literally stuck.



**Any white elephants in your loft?**

## **Tips for loft usage!**

For most of us, accessing the loft space is a bit of a faff. Ladders, fiddly loft hatches, dark lofts with no proper lighting, etc. Not to mention spiders and other creepy crawlies!

Bear this in mind when deciding to store something in your loft. Ask yourself WHY you need to store it? When will you use it? Don't get trapped by feeble feelings of 'just in case'.

If you're desperately short of storage space then consider having your loft boarded out, and having a proper light fitted. This then makes your loft a more practical storage area. If you invest time and money in enhancing your loft then it makes sense to be more thoughtful about what gets stored there. There's more incentive to keep a 'nice' area tidy and not allow it to get filled with clutter.

The flip side of that is that if your loft is a black hole full of cobwebs then you're not going to be terribly fussy about what gets chucked up there. Nor would you take time to stack and organise those things. That's one sure way to create an inaccessible muddle!

It's also important to make sure your ladder is fit for the job! Consider a specialised loft ladder which will neatly fold and store inside the loft hatch.



Also, consider creating an inventory of stored items. Very useful.

## How I can help

If you're struggling to decide what to keep and what to put in your loft (or elsewhere for that matter), then I can offer a different perspective. My role is to help you access the real reasons why you feel obligated to keep things when your logic is saying something different. This support enables my clients to move away from their conditioning and experience freedom.

Would you like some freedom?

*Best regards,  
Judith*

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