

Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -
Restoring ORDER"

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Are you too 'nice' to declutter?



Dear Friends of Organised Chaos

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

So, are *you* too nice to declutter?

That probably sounds like quite a strange question.

Stay with me on this. I often hear from people that there are a variety of reasons why they simply *can't* shift their clutter. Let's face it, as soon as you've convinced yourself you have a logical reason for not doing something, then of course - you won't do it, will you?

Three 'nice' reasons not to declutter

- 1) This item is too old/worn out/useless, to be taken to a charity shop and I can't bear the thought of anything going to landfill.**

I quite understand this sentiment and it's admirable at one level. My response is that you might be surprised at the kind of things being recycled by your local council refuse site. Even if the item is not recyclable as a complete unit, often things can be broken down to minimise impact on the environment.



Also, did you know that some charity shops will take worn out clothes and tatty books? Not for resale, but for rag and pulp value, respectively. So the charity benefits and your 'useless' items get recycled.

Maybe you've got half-used bottles and jars of toiletries and cosmetics? Tip the unwanted contents into your kitchen bin and at least then the containers can be recycled in the usual way. Not entirely guilt-free, but better than it all going to landfill. If you have lots, do it gradually!

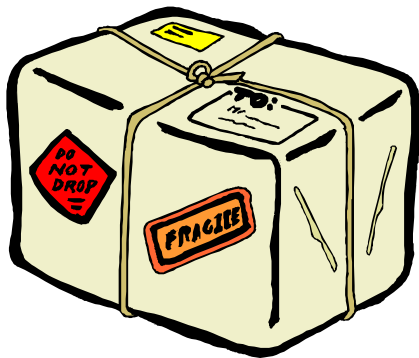
Do your very best to be 'green', after that you have to think of yourself.



2) I have a friend/family member who would absolutely love this! I'll keep it until I see him/her.

There's nothing really wrong with this sentiment either. It's you being a generous soul. In fact, it works perfectly if you see this ideal recipient on a frequent basis and they live nearby.

It doesn't work though if your sister-in-law lives in the Outer Hebrides, and/or you only see her alternate Christmases! OK, slight exaggeration - but hopefully you can see where I'm coming from with this one? The other vital piece in the generosity jigsaw is that you need to remember to hand over your unwanted item. This is less likely to happen if your meetings with the recipient are few and far between.



You've got two choices here. Depending on the size and weight of the item, you could post it.

Or, you admit defeat and either sell it or give it to a charity shop. This might seem harsh, but you are still being generous and you get to claim back your valuable space!

3) This was an unwanted gift from my beloved mother/friend/brother/husband/grandma - and to part with it dishonours their memory or invites criticism.

This is tricky territory!

It really does have to be about you. How you feel about the item, how you feel about the relationship with the donor. To be honest, if this gift was given more than a year ago, they've probably forgotten about it.

Ultimately you have to ask yourself why you continue to receive inappropriate gifts from loved ones. Most importantly, take action to stem the tide of unwanted gifts.



So, those are three reasons given by nice people why they simply *can't* declutter.

I wonder if you have any others you can add to this list? Do let me know if you have.

How I can help

If you find yourself identifying with any (or all) of the three reasons, you may have thought it was a hopeless case. Now, hopefully you can see there are ways around these sticking points.

The basis of my work with clients is about finding a way for each of them to declutter in a way that feels right for them. This is why all my domestic clients get a handbook packed with information about how to part with their unwanted items in a variety of ways.

When you declutter you may well come up against some emotional resistance. Just ask yourself what it is you're resisting, and remember that I have experience in helping others in similar circumstances.

Well, what's stopping you?

*Best regards,
Judith*

t: 01327 705294

e: organised@judithmorris.co.uk

w: www.judithmorris.co.uk

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