

Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -
Restoring ORDER"

Issue 67 - September 2014

Are you stopped in your tracks
by unhelpful thoughts?



Dear Friends of Organised Chaos

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

I hope you've had a good summer and are now refreshed and ready to get stuck into some serious decluttering? It's time for you to take advantage of the sunny autumn days and tackle a decluttering project that's been on the back burner for a while

Or are you someone who regularly reads these newsletters but hasn't quite got round to it yet? What are you waiting for?

Do you get stopped in your tracks by unhelpful thoughts - every time you try to declutter?

Thoughts such as "that cost a lot of money - I have to keep it"

Or, maybe "my mother gave me this - it's wrong to part with it"

If this has ever happened to you then you know that no matter how much you want to declutter you still find it impossible to get rid of certain items, or certain types of possession. That little voice in your head just won't allow it!

Friends may offer help, your logical mind probably knows that there's no sense in keeping these things - BUT - you can't make any progress. As for willpower and positive thinking, well they don't work either because you've tried that. If you do try to push through and ignore the voices you might find yourself getting quite emotional and stressed. It's no wonder you've concluded that you're permanently stuck with all this stuff!

I'm guessing you can't really understand why you sabotage your own efforts in this way?



Well, in simple terms at some point in your past these thoughts (and the beliefs that underlie them) were helpful and meaningful for you.

They were possibly introduced (with the very best of intentions) by family or other influential characters in your early life. Or they served you at some point, but are now 'limiting' thoughts and beliefs. Identifying and 'tidying up' these thoughts and beliefs can stop them getting in your way.

Would you like to declutter your mind - so you can declutter your life?

Don't worry. This is not as hard or scary as it sounds. There is a well known technique called NLP (Neuro Linguistic Programming) that can help you do just that.

I recently had a session with Judith Hanson who is an NLP practitioner. I had my own version of an unhelpful message that had been stuck in my head for a long time.

I'm pleased to say that [Judith](#) helped me understand what was going on and also to create a far more positive belief that serves me far better for my current situation.



So, if you feel that some outdated or inappropriate thoughts or beliefs are getting in the way of your decluttering I strongly recommend you getting in touch with Judith Hanson. She's a lovely lady and very committed to helping her clients achieve a better quality of life. She does this by helping them learn how to manage their thoughts in order to reduce stress, anxiety and indecision.

Contact Judith via her website www.judithhanson.co.uk or call her on 07881 620586

How I can help

Don't forget I'm here to support your decluttering efforts. I have practical know-how and an understanding of the emotional challenges involved. I have seven years of experience working with a variety of clients.

If after working with Judith you still feel at a loss as to where to start, for instance, I can help. I know how overwhelming it can feel. The thing is that if you've worked on changing those beliefs all you need is some sensitive support and practical guidance to help you through the job.

Maybe you're not sure if you need Judith Hanson's help? You can contact either of us to discuss your situation in confidence and we will advise you what approach will work best for you. We both want our clients to be the best they can possibly be.



Judith Hanson
HYPNOTHERAPY

Making life better

*Best regards,
Judith*

t: 01327 705294

e: organised@judithmorris.co.uk

w: www.judithmorris.co.uk

[Why not follow Organised Chaos on Facebook?](#)

Please note: descriptions of products in this newsletter cannot be guaranteed as accurate, nor are they an endorsement of quality. Please check thoroughly before making any purchase. Any problems encountered as a result of purchase are not the responsibility of Organised Chaos or Judith Morris.

Should you wish to unsubscribe from this newsletter please follow this link - www.judithmorris.co.uk/newsletters.php