

# Chaotic Times

Organised Chaos Newsletter

"Helping you to  
clear clutter and  
feel -

Better!"

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'Excuses & Prevarication'

# Dear Friends of Organised Chaos

Welcome to the February edition of **Chaotic Times**! This month sees me continuing the theme of January's newsletter, and is aimed at getting you started with some decluttering.

It's amazing, isn't it? How we manage to fool ourselves sometimes? What do I mean by this? Well, so often, when we have a task which we dislike doing, we continually delay doing it, and we put it off, for a variety of reasons.



I think this is why most of my clients contact me when they reach a crisis point with their clutter, which causes them intolerable stress. They then look to me to help them retrieve the situation.

This is such a pity. If I was consulted before it got to this point, then my client would be saved a lot of unnecessary anxiety.

## So, how does this happen?

From my own experience, I know that for instance if I want to start watching what I eat in order to be more healthy, all sorts of reasons pop up to stop me taking the healthy option. For instance I might convince myself I haven't time to cook a healthy meal, I might also have to use up what I have in my freezer as I *shouldn't* waste food and/or money. Maybe I think my husband won't eat the healthy food, etc, etc.

So, have a think - what's stopping you from tackling your decluttering and getting organised?

I suggest that if you analyse these thoughts, you will be able to see that your subconscious is doing its best to hold you back and maintain the status quo.

Take a look overleaf to see if you recognise your own thoughts!



## What stands between you - and tackling the clutter?

I'm too busy -

*The reason you're so busy is probably because it takes ages for you to find things, and you're continually stepping over and around piles of clutter. Booking a slot with me will speed up the job and you will gain immediate benefits.*

I don't know where to start -

*You've got to start somewhere, don't get too hung up about where that might be. Just start wherever the problem is worst and work through it in stages. If you can't face it, then let me help. I have experience working with different people and all kinds of situations.*

I can't throw anything away - I'm emotionally attached to all my possessions

*You may feel like this before you start, most people change their minds to a degree as the project progresses and they can see the benefits of a clutter-free environment. Whatever you part with, the memories are still intact.*

If I hire you I'll be embarrassed at the state my home/office is in.

*Clients always assume that their clutter is the worst I've ever seen! I'm here to help and I can assure you that other people's clutter is equally as bad as yours - it's just different.*

Check out [Organised Chaos testimonials](#) for reassurance from previous clients.

*Don't forget that you can speak to me in complete confidence regarding your situation. If you prefer not to have hands on help, consider my [telephone consultations](#) to keep you motivated and on track with your project.*

*I'm always happy to discuss what option might suit you best.*

Most people know in their heart of hearts that a reasonably tidy environment is preferable to one that is badly cluttered.

Whatever the reason for the clutter, it is important to understand that *you* are the one in control. As soon as you decide to do something to tackle that pile of paperwork or wardrobe full of old clothes, you're taking control and feeling better.

Sometimes it's hard to imagine how good a room could look, when it's been hidden under a blanket of jumbled possessions.

Close your eyes -  
imagine you can wave a magic wand!

So, how does your room look now?



Well, that's it for February, I hope I've inspired you into action.

*Best regards,  
Judith*

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