

Chaotic Times

Organised Chaos Newsletter

"Helping you to
clear clutter and
feel -

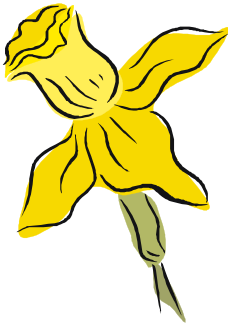
Better!"

Issue - March 2011
'Guilt free de-cluttering'

Dear Friends of Organised Chaos

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

Spring is in the air at last and your mind is turning to spring cleaning and hopefully some decluttering too!



The reasons for decluttering are many and various. You've run out of space, you can't find things, you're embarrassed to invite friends round, you feel hemmed in by your stuff, etc, etc.

So far, so good. The motivation is there and you know that when you've got rid of some stuff not only will you feel better, but you'll have lots more space.

So - what could possibly go wrong?

Did you ever stop to think how many things you might have in your home that were gifts to you from close friends and family?

A well chosen and thoughtful gift is a wonderful thing to treasure - but let's be brutally honest here. How many surprise gifts have you ever received that have been just what you would have bought for yourself? Exactly!

This is why I keep banging on about gift lists to be shared between friends and family. This may seem a bit contrived, and of course it removes the element of surprise, but surely it's better to give and receive gifts that are enjoyed and appreciated?

So, potentially, time spent on your chosen declutter project could be wasted agonizing over what to do with one or more of these unwanted gifts that you come across languishing in a cupboard or drawer.

This is liable to bring on a bad attack of dithering which will be unproductive and of course waste your valuable time!



When guilt rears its ugly head!

If a loved one has given us a gift then it's natural that we don't want to upset or offend that person by telling them that we don't like their taste in, say, vases.

Thinking logically, and leaving aside emotion for a moment - it is just ludicrous to imagine our homes stuffed to bursting with ornaments etc that we simply don't like.



There are ways to manage this situation without causing any distress.

Firstly, does the donor of the gift ever visit your home? If not, then clearly passing on the unwanted item to a charity shop is not going to be a problem.

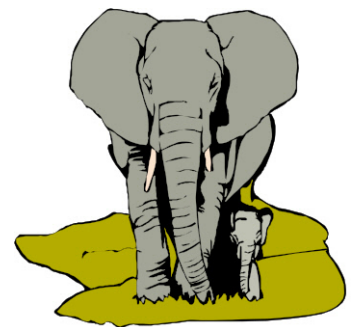
If you feel guilty doing this, just remind yourself that it's *your* home.

Even if the gift giver visits your home, it is possible that the gift could be located in a room they don't go into - such as your bedroom. Put yourself in their position - would you expect to see your gift displayed? Not necessarily.

Some gifts are not the kind of thing that you would have on show anyway, such as a CD - in which case nobody would ever know if you still had it in your possession - or if you'd given it away.

If the gift has come from someone such as your sister, mother or best friend then it may be worth biting the bullet and tactfully explaining that the vase (or whatever) just isn't to your taste, or doesn't match the curtains. Again, in their position, wouldn't you rather know? More than likely they will offer to exchange it and hopefully consult you before making the same mistake next year.

They say elephants never forget. Well, I can assure you that people do! Can you remember exactly what you gave everyone for Christmas last year? Let alone what you got them the year before.



So, you might not even have to resort to a little white lie. Really, it's about doing what you feel most comfortable with in relation to your unwanted gifts.

However, don't let guilt prevent you from decluttering items that are taking up valuable space in *your* home. If you do find it hard to get rid of such items, maybe there are other issues to consider which are more about how you feel regarding the decluttering in general, rather than the guilt.

Would you like to learn techniques to help you declutter?

Then you need to book a place on the,

["Too much stuff? Not enough space? Decluttering workshop](#)

which I'm running in conjunction with [Clare Wildman](#) of Clare Wildman Coaching. Click through the link for more information on the workshop or simply get in touch for more info.

Well, I hope this issue has helped dispel any guilt regarding your decluttering. Maybe it's time to book onto the workshop?

*Best regards,
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