

Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -
Restoring ORDER"

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What's your addiction?



Dear Friends of Organised Chaos

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

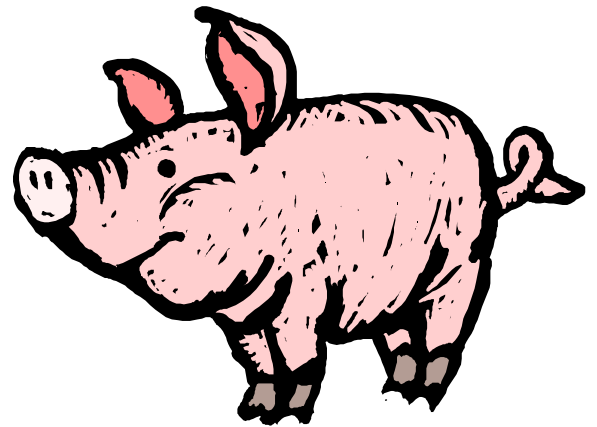
Did you manage to catch me on Inspiration FM? I was with [Sarah Clarke on her programme, 'Ladies' Talk'](#). If not, then you can listen to the recording until Friday 9th November, via the internet. Simply access the programme from the alphabetical list on the right-hand side and click 27th October, Part 1. If you want to get straight to the decluttering, then drag the cursor about a third of the way along the bar.

Just to give you a taster, we kick off with Sarah's wardrobe, she coins the phrase 'Random Tat' and then we discuss the difference between 'tidy' and 'organised'. The subject of 'collecting' also gets an airing. So plenty to get you motivated.

I'd already planned November's newsletter and had decided to tackle the concept of 'collections'. So, my chat with Sarah was of great interest.

Do you have a collection?

Maybe you seek out a certain type of china, or something a bit more quirky, like bottle openers, or key rings? Some people collect anything which has a common theme such as their favourite animal.



This can result in a home full of items covered in pigs or ducks, for Instance!

When does a collection become an obsession?

I guess you have to ask yourself what benefit you get from having your collection. Sometimes the pleasure is all in the acquiring of new items to add to your collection. The thrill of the hunt, as it were.

So, are you taking time to appreciate your collection? Or are you simply focused on adding to it?

Are other people interested in your collection?



Maybe it has historic or aesthetic appeal to friends and family? Perhaps you're the kind of person who exhibits your collection at specialist shows?

On the other hand, what if your collection is so unique to you, so quirky, that nobody else is interested in it?

Well, that depends really. I'm not suggesting that you should build a collection purely for the benefit of others. But if all your friends and family think you've become a bit obsessive, it might be time to re-evaluate!



Has your collection become an obsession?

- ✓ Is it taking over your home?
- ✓ Have you got lots of the same version of one thing?
- ✓ Collection? Or accumulation of a certain type of object that you feel unable to part with?
- ✓ How would you explain the value of your collection to another person?
- ✓ Is adding to the collection your primary focus?
- ✓ Do you feel that other aspects of your life have to take second place to the collection?

I believe that the desire to 'collect' is part of human nature. It creates a sense of belonging, of permanency. Most people will be able to maintain perspective, enjoy their collections and keep them at a manageable size, so there's no cause for alarm.

How I can help

If you'd like to get your collection under control, I'm happy to help. I have a number of different strategies I can apply which will help you whittle down the amount of items in your collection in a way that feels good to you. My aim is to work with what *you* want and help you realise that in the easiest way possible.

If you're feeling hemmed in, in your own home and it's making for a difficult life, or causing disharmony with your family, then you're probably ready for a change. I want you to enjoy life, and that means feeling good about yourself and your environment.

Take a look at my [website testimonials](#) if you want some reassurance, or give me a call for a chat on 01327 705294 to find out how this could work for *you*.

Well, that's all until next month,

*Best regards,
Judith*

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