

The Atypical Decluttering Guide

First, take your time and listen to your internal dialogue in order to gain insight into your relationship with things. Decluttering is about the results, but the process is equally important.

Decluttering Steps:

1. Pick a small spot to declutter – your purse, a drawer, or a small countertop.
2. Have 4 bags or boxes for sorting: Donate, Trash/Recycle, Keep, Hold (for 3-6 months)
3. Take all the items out of or off the area you have chosen.
4. Pick up each item. As you hold each item, some items will cause you to hesitate. Listen to the statements running through your head. Consider them. **Consider the rationalizations versus the items.** Why are you really tempted to hold onto the items in the Keep pile when you have not used them in the last 6 months or maybe years? Write them down.
5. Sit with the Keep pile for a week or more and go through it again. What realizations come to mind about how you are relating to your belongings? Do you feel any differently towards the Keep items after uncovering some realizations?

I am realizing that our rationalizations usually come from the past or the future. Are you ready to “speak” to your rationalizations? Are you ready to let them go and live in the present?

6. Take the Trash/Recycle out. Put the Donate pile in the car for drop off (and do not leave them there indefinitely, as I am prone to do!). Put the Keep items in their designated spots.
7. Pick another area – repeat!