

LET GO OF CLUTTER

HOW BAD IS THE PROBLEM? - ASSESSMENT

Respond to the following with 'yes' or 'no'.

Yes / No	Description
	Clutter causes stress in your life.
	Clutter may be negatively affecting your career potential.
	Clutter creates strife with your housemates (including kids).
	Dealing with clutter takes up more time for you than most people.
	Clutter results in limiting your social interactions (not having people over).
	Clutter costs more money for you than most people (replacing things you can't find).
	Clutter affects your work or productivity on tasks at home or work.
	Clutter is the result of buying things on sale or stockpiling.
	Letting go of things is hard for you.
	Clutter is a result of keeping things indefinitely that you may need/want someday.
	You buy a lot of things you don't really need.
	People comment or complain about the amount of stuff you have.

Count the number of 'yes' responses:

Up to 3: Your problem with clutter is mild and may be managed with consistent habits.

4 - 6: Your problem with clutter is moderate and may require help to change habits.

7 or more: Your problem with clutter is severe and you may need professional help.