

The "Neatest" Newsletter!



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*A woman who is passionate about
organizing lives not just stuff.*

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Learn more about the
Psychology of Clutter.....

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Topic for the month:

The Psychology of Clutter

While working alongside my clients, my observation has been that clutter can be indicative of underlying psychological issues. Conditions due to being raised in a cluttered environment, a parent living through the Great Depression, or experiencing a traumatic event, deeply rooted a psychological trauma in these individuals. Sadly, this resulted in the physical manifestation of clutter, disorganization, and unfortunately, duplicating a carbon copy of the past.



Initially, for one to be loosed from the physical clutter the psychological clutter needs exposed and uprooted. Experiencing the psychological purging itself may be traumatic; however this treatment is essential in liberating individuals from this bondage.

What is Disposophobia? "Di-spoz-o-fobia"

Dis-pos-o-phobia is the relationship of people to their belongings. Disposophobic behavior ranges from a person's desire to having very little "stuff" to having too much "stuff". Severe Disposophobics resort to renting additional space outside their homes to hide and stash more and more "stuff". In most cases the value of the "stuff" is far less than the expense to store it. Statistics say that more than a million Americans suffer from Disposophobia – fear of throwing ANYTHING away.



Three Basic Reasons People Collect Stuff



FORBID
clutter and
disorganization
from casting a
shadow over
YOUR life!

Take control of
it before it
takes control
of **YOU!**



Scarcity mentality: Take a stroll down memory lane and remember great grandma and grandpa who lived through the Great Depression. These folks learned to *make do*, wear it out, stockpile, or save the scraps. This generation living during the Depression was ingrained with the “lack and poverty” mentality. Their belief system was such that possessions were not easily attainable or accessible, so therefore they accumulated “stuff”.

Abundant society: In our abundant society we collect things because they are inexpensive, or there is a “new” and “improved version”. We are of the mind set, “*I want it and I need it NOW!*” Today we have the “shop till you drop” mentality in the malls, or we shop online with the press of a button – abundance easily accessible and attainable. Collecting stuff shows prestige, success and achievements and we justify this by telling ourselves, “I work hard and I **DESERVE** it.”

Hoarding: Our “stuff” ties us to memories and connections from our past. We hold onto things due to feeling a sense of family responsibility, guilt, fear of the future, or uncertainties. This causes us to clench to the old and comfortable. Hoarding is a driven fear of poverty, helplessness, loneliness or emptiness. Surrounding one’s self with possessions makes them feel safe and secure. Hoarding may filter down from generation to generation unless the pattern or cycle is broken.

Psychological Dynamics Behind Clutter and Disorganization

Americans are curious to know the psychological dynamics feeding the frenzy of clutter and disorganization. People have a tendency to be very insecure, and like a small child who feels safe and secure with stuffed animals, pillows and toys surrounding them, likewise the adult experiences the identical emotional connection. They try to avoid the feelings of insecurity and unhappiness by surrounding themselves with more and more “stuff”.

Another psychological dynamic behind clutter and disorganization is due to the hectic lives in which we live. A cluttered personal environment tends to be a reflection of the personal and professional demands of everyday living. As things mount up we become more disorganized and less productive. This in turn triggers internal feelings of distress and unhappiness. Psychologists say, “That which is on the outside closely resembles that which is stirring internally.” Our external surroundings are mirroring our internal state of being.

A further component of psychological dynamics is the purchasing of items without rationale as to the need or demand. This in turn adds additional clutter to our already existing mess. As this happens, we are forced to sprawl out our possessions resulting in disorganized piles of messes. Consequently, over time these messes will infest our homes like a garden is infested with weeds. Therefore, purging and weeding are essential.

I recently read a story that a home to the family is equivalent of an aquarium to a fish. If the water is dirty or too alkaline, or if the pH is out of balance, the fish will suffer or even die. So it is with us when our surroundings are cluttered, stagnant and dirty. Clearing your external environment of unused, unwanted clutter and mess, psychologically will help you attain a healthier lifestyle and live a happier life. Are you suffering from Chronic Disorganization Syndrome?

Resources:

(NAPO) National Association for Professional Organizers will recommend someone in your area who can assist with hoarding issues or chronic disorganization.

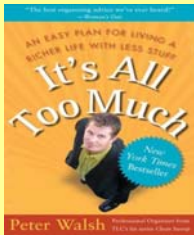
www.NAPO.net,

E-mail: Napo@Napo.net

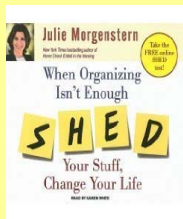
Tel: 856.380.6828 • Fax: 856.439.0525

Book recommendations:

Peter Walsh, "*It's All Too Much*" and "*Does This Clutter Make My Butt Look Fat*"



Julie Morgenstern, "*SHED*" and "*Organizing from the Inside Out*"



Judith Kolberg, "*Conquering Chronic Disorganization*"



Visit Amazon.com online bookstore and type in the key word "organizing" for additional book resources.



Healing the Psychological Affects of Clutter

Detrimental to healing is to seek the assistance of a licensed professional or similar type of support such as the National Study Group of Chronic Disorganization (NSGCD). Healing occurs when the individual does the necessary internal work to develop a strong love of self and consents to examining the core issues. This would be our *authentic* self, the very core of our being. Our *authentic* self will be open to connect with a spiritual source and or the advice of a professional. Subsequently, from our adult *authentic* self, we operate from truth rather than from the false beliefs of our wounded self. The truth that clutter provides comfort and safety is only an illusion; it is FEAR-False Evidence Appearing Real. An adult who is cognizant of a spiritual source or source of wisdom, will ultimately seek healing for one's self. Thus, resulting in creating a sense of inner safety, health, wholeness and peace.

"The pain of the past is the motivator for what we do in our lives today".....from a guest on Oprah

2010 calendar of events for Neat Niche....more to come!

- February 18 - Cincinnati, Ohio – presenting to Christian Women's Connection – "A Love Worth Finding"
- March 29 - returning to Columbus State for a Psychology class ☺
- September 18 & 19 – Please join us for the Living Word Church, Women's Wellness 4 Life conference. Watch for details, mark your calendar **NOW**, and join us for a life changing experience.
- Every 4th Tuesday of the month join the Columbus Business Women's Connection at the Worthington Hills Country Club for dinner, featured speaker and an inspirational message. The time is 6:30-8:30 pm and the cost is \$18.00. Everyone is invited. (Karen will be speaking March 30 - "Discover the Dream Inside of You"
- December 14 – Zanesville, Ohio - presenting to Christian Women's Connection – "A Love Worth Finding"

Book recommendations: "*Dream Giver*", by Bruce Wilkinson and "*Living Your Dream*", by Dr. Mark Chironna. These two books intensified my dreams and passions once I realized WHO planted the seeds in my heart.

For more information or questions contact Karen at 614-785-9047, or email neatnichekaren@aol.com. Visit www.neatnichebykaren.com