

Clutter Beliefs Checklist



This checklist is used to (1) Identify beliefs that may be creating clutter; (2) Measure a change in clutter-creating beliefs over time. This tool is intended to highlight thoughts that can be addressed through clutter intervention strategies such as the Clutter Thought Worksheet (see: *Addressing Clutter Thoughts*). **For use by: Helpers, Therapists**

Clutter accumulates because of how we think about, feel towards and manage our possessions. Identify the clutter pitfalls that are holding you back from a clutter-free life. Rate how much you agree with the statements below.

0 - No	1 - Slightly agree	2 - Somewhat agree	3 - Moderately agree	4 - Completely agree
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REASONS FOR KEEPING & ACQUIRING	
Rating	Sentimental Beliefs
	1. My things are an important part of me
	2. Having my things around me makes me feel comforted
	3. My things show who I want to be or who I am
	4. My things express my interests and personality
	5. My things remind me of someone I care about
	6. My things connect me to important times in my life
Total = _____	Divide by 6 = _____ (Section Subscore)
Rating	Instrumental Beliefs
	7. I dislike wasting things
	8. I can always find a use for something
	9. It's important to find a use for my things
	10. I should always have the things I need, to be prepared for unplanned situations
	11. It's important to keep things that may have some use
	12. Having things means that I am more able to handle unexpected situations
	13. If I don't keep something, I should find someone who can use it properly
	14. I feel good when I take care of my things
Total = _____	Divide by 8 = _____ (Section Subscore)
COGNITIVE SKILLS	
Rating	Categorization
	15. All my things are valuable in their own way, so it's difficult to decide what to keep or discard

	16. I have difficulty figuring out what to do with things I'm not keeping
	17. I'm worried I'll make the wrong decision about discarding something and will regret it later
	18. Putting my things together in categories is difficult
	19. The things I have are all unique and cannot be categorized easily
	20. Each item in my collection has its own place
	21. I must go through each item before discarding it in case something important is there
Total = _____	
Divide by 7 = _____ (Section Subscore)	
Rating	Memory
	22. I have a poor memory
	23. I need to keep things in plain view so I remember them
	24. If I put something away, I will forget about it
	25. It's important for me to remember all the information I have
	26. I'm afraid of what might happen if I throw away information
Total = _____	
Divide by 5 = _____ (Section Subscore)	
Rating	Attention/Concentration
	27. I can't force myself to do things I don't enjoy, even if it's for my own good
	28. If I can't reach a goal, I become easily frustrated and give up
	29. It's hard for me to focus on something
	30. I often feel scattered
	31. I have difficulty staying with things long enough to complete a task
Total = _____	
Divide by 5 = _____ (Section Subscore)	
OTHER BARRIERS	
Rating	Control
	I feel better when I have my things around me
	I feel more in control when I can arrange my things exactly as I like them
Total = _____	
Divide by 2 = _____ (Section Subscore)	
Rating	Depressive
	I don't have the energy to deal with my clutter
	I'll never have what it takes to sort through my things
	It's too big of a job to deal with my clutter – there's no point even starting
Total = _____	
Divide by 3 = _____ (Section Subscore)	
Scoring: Sections or single items rated 3-4 suggest a strong belief or belief system that may be creating the clutter problem. Targeting these beliefs and learning strategies to ease them can help to reduce the clutter. Addressing the root causes of clutter can take time and effort, but can help you better manage clutter over the long term.	

[Steketee, Frost & Kyrios, 2003; Tolin, Frost, Steketee, 2007; Steketee & Frost, 2007; Frost, Steketee & Grisham, 2004; Schmidt et al, 1995; Steketee & Frost, 2008]