

# detach from clutter

bliss sheet

*claire noelle frost*

blissful decluttering coach



*Adapted from the Work of Martha Beck*

## 1: FIND THE ROOT of your clutter attachment.

*Adapted from Sakichi Toyoda's "5 Why's" tool.*

*Caution: Letting go of clutter may be emotionally traumatic if it overwhelms your ability to cope. I care about your well being. If you are feeling triggered or overwhelmed, please stop reading and seek out a psychotherapist specializing in trauma or grief to support your clutter-clearing process.*

Fill in the blanks with ONE item that meets YOUR definition of clutter AND that you don't want to let go of: (Examples in brackets)

I don't feel ready to keep \_\_\_\_\_.  
[my vintage clothing collection].

Why? \_\_\_\_\_.  
[Because I need it.]

Why? \_\_\_\_\_.  
[Because I invested a lot of money into it.]

Why \_\_\_\_\_.  
[Because I value it.]

Why? \_\_\_\_\_.  
[Because it expressed my inner self.]

Why would it be so bad if I let go of it? \_\_\_\_\_ [Because without it I'm not unique]. ← behold, the clutter-attracting belief

(SEE NEXT PAGE for Step 2.)

[ClaireNoelleFrost.com](http://ClaireNoelleFrost.com)

[Facebook](#) [Twitter](#) [LinkedIn](#) [Yelp](#) [YouTube](#) [Google+](#) [Pinterest](#)

©2014 Bliss Coaching

# *detach from clutter*

## bliss sheet

### 2: QUESTION your clutter-attracting belief.

*Adapted from The Work of Byron Katie.*

- \* Is it true that \_\_\_\_\_  
*[without my objects I'm not unique]*? Yes or no? \_\_\_\_
  
- \* Can I be 100% certain that it's true? Yes or no? \_\_\_\_\_
  
- \* When I'm believing that thought, where in my body do I notice any new sensations? \_\_\_\_\_.
  
- \* When I'm believing that thought, what do those sensations feel like?  
\_\_\_\_\_.
  
- \* When I'm believing that thought, how do I behave?  
\_\_\_\_\_.
  
- \* If I woke up tomorrow, and my brain was physically incapable of thinking that thought, how would my life be different?  
\_\_\_\_\_  
\_\_\_\_\_.
  
- \* What is the OPPOSITE of the clutter-attracting thought?  
*[Without my objects I am unique.]*  
\_\_\_\_\_.
  
- \* Now give 3 pieces of evidence to support that statement:  
1. \_\_\_\_\_  
*[When I let go of things I don't need or love anymore, I unblock the energy that makes me unique].*  
2. \_\_\_\_\_  
3. \_\_\_\_\_

*Note: Questioning thoughts and beliefs that truly do not serve us does NOT mean avoiding important realities NOR condoning any destructive abuse. It simply means accepting the reality that we cannot control certain things around us, but we CAN choose which thoughts and beliefs we put our energy into.*

[ClaireNoelleFrost.com](http://ClaireNoelleFrost.com)

[Facebook](#)

[Twitter](#)

[LinkedIn](#)

[Yelp](#)

[YouTube](#)

[Google+](#)

[Pinterest](#)

©2014 Bliss Coaching