

JUST IN CASE

Clutter and...

Just In Case is a large category of clutter for most of my clients.

How often when you're decluttering do you come across an item that you haven't wanted, needed or used in ages, but you can't quite let it go. You decide to keep it Just In Case. After all you may need it again someday.

Instead of thinking about some possible future scenario where you may want or need the item, consider working through that scenario right now. A hypothetical scenario isn't a great reason to keep an item.

So take a moment. Imagine what you will do if you donate the item in your hand and then next week you need the exact same object you just discarded?

My guess is that you will be resourceful and it won't be a big deal. Here's some of the ways you could solve the problem:

1. Borrowing a similar item from a friend, family member, community group or Facebook swap page
2. Buying it again
3. Making do without it
4. Adapting something else you have for the task

If that scenario happens you will have a choice between being kind to yourself about it, being mean to yourself about, or staying neutral.

The question is not what will you do if you need the item again, because that's not too hard to solve. The real question is are you prepared to be kind to yourself if it does come to pass that you need the item again?

Are you committed to being harsh with yourself in that moment, or compassionate?

You could choose to tell yourself something along the lines of "oh well at least I'm resourceful" or "gosh I'm so stupid for donating that item", or "I made the best decision I could at the time". All are valid thoughts. One will feel better to you than the others. Entirely your choice which one you want to think.

If you can trust yourself to be kind about a possible future scenario, it can be easier to be kind to yourself in the moment.



Remember the items that you are keeping Just In Case cost you time to manage, time that could be spent elsewhere. They cost you space to store, space that could be kept clear or used for something else. They cost you physical energy to clean and store them, energy that could be spent elsewhere.

They also cost you peace of mind, including the mental space that you need for tracking them and the emotional bandwidth you use each time you look at them and remember you've been hanging onto these things for no particular reason. That's a lot of bandwidth to expend on something you are holding onto Just In Case.

All these ongoing costs on top of the initial financial outlay. Money that has already been spent and is not coming back no matter how long you keep these items.

You can absolutely keep anything you want, including Just In Case items, you can't keep everything you want. Why not? Because you have limited space in your home. It's not a tardis.

Yes it is possible you'll regret donating these items and may need them again, but the most likely scenario is that you'll simply forget about most of them. Probably only one or two will ever be needed again. In the meantime you have space.

It's easier to discard items you don't want, need or use, items that are costing you time, energy and space when you don't fear your own criticism.

It's easier when you trust in your own resourcefulness and trust in your own kindness.

Your choice.

