

Overwhelmed By CLUTTER?



ClutterLess East Bay is a nonprofit, peer-based, **SELF-HELP SUPPORT GROUP** for people who want to change their cluttering behavior on a deeper level than learning how to organize.

ClutterLess East Bay

Meetings

7 - 8:30 pm Every Monday

(no meetings Post Office holidays)

The Parkview

100 Valley Ave

Pleasanton, CA

2nd Floor Activity Room

(Use Valley Ave Main Entrance)

**LOOK inside for questions
Only YOU can answer....**

You Might Be A Clutterer IF :

1. You feel overwhelmed by your clutter?
2. You have tried to clean up or organize repeatedly, with no lasting results?
3. You are ashamed to have guests over?
4. It is harder to concentrate at home than in the outside world?
5. You buy more of everything because “you never know when you’ll run out”?
6. You have extra copies of books, software, clothing, tools, etc., because you can’t find what you already own?
7. Your partner expressed dismay about the way you live?
8. You hang onto broken items because “They might come in handy”... or “I’ll fix them someday”?
9. You feel like there’ll never be enough for you?
10. You believe that you don’t deserve any better than what you have?

DO YOU WANT TO CHANGE?

If you said “yes” to half of these questions, please attend a ClutterLess East Bay meeting. We don’t preach or nag. Together, we help each other change with loving, practical and psychological tools that work for clutterers just like you! Face it; you’ve been trying to change this behavior for years...

“People are important, not things.”

We improve our relationships by learning how to live clutter-free lives.

Together, WE CAN

Q. What Do You Have to Lose?

A. Your Clutter!

By attending regular support meetings, we maintain decluttering momentum.

We talk about why we clutter and learn from others how they overcame the same challenges.

We commit to doing one or two small decluttering projects each week.

We didn’t get this way overnight and we won’t get “cured” by one meeting. We call on each other as “clutter buddies” for support. Having someone who understands to talk to can help us get out of our feelings of overwhelm that so often keep us from getting started.

Cluttering may be one of a constellation of behaviors related to psychological conditions

like anxiety, depression, OCD, AD/HD, ADD, compulsive spending, or a reaction to a traumatic life-event like loss of a loved one, illness, divorce or job loss.

Clutterers have difficulty making decisions about what to toss because everything has an emotional string.

Decluttering isn’t about organizing. It’s about changing our behavior and attitudes about our “stuff”.

Web Sites:

ClutterLessEastBay.org

ClutterLess.org

Email:

clutterlesspleasanton@hotmail.com

info@clutterlesseastbay.org

Meetings are free. *However a voluntary donation of \$3 to \$5 would be appreciated*