The Ultimatum:
It was *never* about the stuff

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Brewster, Massachusetts
The Rock Boy Apartment
So honey, what are you bringing?
EVERYTHING.
INSIGNIFICANT:

Too small or unimportant to be worth consideration, a person without power or influence, meaningless.
Art supplies in bins
NAGGING WIFE
SICK OF HIS STUFF
DIVORCE POSSIBLE

“IT’S ME OR THE STUFF!!!”
There's not enough room for me.

Can you, will you make room for me?
CAUTION

LEE ZONE

ENTER AT YOUR OWN RISK
sit
stay
heal
5-29-93
LIKE IT SHOULD BE
KEEP DRY!
MADE IN AMERICA

DO NOT OPEN WITH SHARP INSTRUMENT

COMIC BOOKS
Pssst....I *might* know something about clutter.
Emotional attachment and unhelpful beliefs about possessions

Problems processing information

Reinforcement

Let’s break-down the Finding/Keeping challenge...

Behavior patterns

Clutter

Page 85, Buried in Treasures
I’ll use my Pac Man collection to demonstrate.
Emotional attachment and unhelpful beliefs about possessions

Let’s break-down the Finding/Keeping challenge...

Page 85, *Buried in Treasures*
Emotional attachment and unhelpful beliefs about possessions:

Beliefs about usefulness, waste, and responsibility
Overly creative thinking
Perfectionism
Sentimental attachment
Identity
Safety, security, control
Emotional attachment and unhelpful beliefs about possessions:

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Let’s break-down the Finding/Keeping challenge...

Identity

Problems processing information

Page 85, *Buried in Treasures*
Problems processing information:

Attention/focus
Categorization
Decision-making
Memory
Problems processing information:

**Attention/focus**
Categorization
Decision-making
Memory
Let’s break-down the Finding/Keeping challenge...

Identity

Attention/Focus

Reinforcement
Reinforcement for avoidance/acquiring:

Feels good to acquire an item
Feels bad to discard an item
Reinforcement for avoidance/acquiring:

Feels good to acquire an item
Feels bad to discard an item
Identity

Attention/Focus

Feels bad to discard items

Let’s break-down the Finding/Keeping challenge...

Behavior patterns

Page 85, Buried in Treasures
Behavior Patterns:

Acquiring more
Discarding less
Behavior Patterns:

Acquiring more
Discarding less
Identity

Attention/Focus

Feels bad to discard items

Let’s break-down the Finding/Keeping challenge...

Discarding less
Let’s break-down the Finding/Keeping challenge...

Identity

Attention/Focus

Feels bad to discard items

Discarding less

clutter

Page 85, Buried in Treasures
The Facilitator’s Guide for Leading the Buried in Treasures Workshop is available for free at:

www.mutual-support.com
Cheers to a life less cluttered!