

## Are You Affected by Chronic Disorganization?

*Answer the following questions, yes or no.*

	Yes	No
1. Has disorganization been a factor in your life for many years?		
2. Does your level of disorganization interfere with the quality of your daily life or negatively affect your relationships with others?		
3. Has disorganization persisted despite self-help attempts to get organized?		
4. Do you own at least one organizing book?		
5. Do you hoard information? (Saving many articles, newspapers or books you've read)?		
6. Do you suffer from a "fear of filing"?		
7. Do you feel every paper must be kept in sight or you'll never find it again?		
8. Do you lose or misplace papers and items despite keeping them out?		
9. Does your filing system cause difficulty in retrieval?		
10. Does it take you more than 3 minutes to find most papers in your office?		
11. Do you like to collect things?		
12. Do you have a compulsive shopping or acquiring problem?		
13. Do you accumulate possessions beyond apparent usefulness or pleasure?		
14. Does your disorganization cause you embarrassment or feelings of shame?		
15. Are your desk, floor and/or countertops covered in papers?		
16. Did you feel deprived as a child, either emotionally or materially?		
17. Is it difficult for you to part with things even if they have outlived their usefulness?		
18. Do you consider yourself a packrat?		
19. Do you have a wide range of interests and several uncompleted tasks and projects?		
20. Do you find it difficult to stay focused or are you easily distracted?		
21. Do you tend to lose track of time?		

If you answered "yes" to numbers 1, 2 & 3, and some of the other questions, you could be experiencing chronic disorganization (CD). CD is marked by its longevity, interference with quality of life and resistance to self-help efforts.

If you answered "yes" to several other questions, don't panic. ICD-trained organizers have solutions. There are many types and levels of disorganization relating to paper, time, and clutter management. Anyone can be taught to increase his/her level of organization. It is *never* hopeless. A professional organizer can help you succeed where self-help falls short, while saving you countless hours of effort trying to discover the most effective solutions for yourself.