



# Cutting Through Denial

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1. I NEVER KNOW WHEN IT MIGHT COME IN HANDY.  
When was the last time you used it?
2. IF I THROW IT AWAY, I'LL JUST HAVE TO GO OUT AND BUY ANOTHER ONE.  
When was the last time you used it?
3. SOMONE WOULD BE VERY GLAD TO HAVE THIS. Give it to them.
4. I GOT IT FOR PRACTICALLY NOTHING. IT WAS TOO GOOD A BARGAIN TO PASS UP.  
When was the last time you used it?
5. IT TOOK ME A LONG TIME TO GET A COMPLETE SET. When was the last time you used it?
6. IT WILL BE WORTH A LOT SOMEDAY. In the meantime, what use is it now?
7. THERE'S STILL PLENTY OF USE LEFT IN THIS. When was the last time you used it?
8. I MIGHT WANT TO REREAD THAT BOOK SOMEDAY.  
Give it to the library and borrow it someday.
9. IT WAS A GIFT FROM A FRIEND. When was the last time you used it?
10. I'M WAITING UNTIL I CAN FIT INTO IT AGAIN. How long has it been since you wore it?
11. THERE'S STILL LOTS OF WEAR IN THIS. How long has it been since you wore it?
12. I'M WAITING FOR IT TO COME BACK INTO STYLE. How long has it been since you wore it?
13. IT BELONGED TO SOMEONE WHO DIED. How long has it been since you used it?
14. IF I GAVE IT AWAY, IT WOULD BE EXPENSIVE TO REPLACE.  
How long has it been since you used it?
15. THIS JUST NEEDS A PART OR TWO, AND THEN I'LL USE IT.  
How long has it been lacking parts?
16. I'M SAVING IT FOR (MY GARAGE SALE, MY CHILDREN, MY TRIP TO ALASKA, ETC.)  
How long have you been saving it?
17. I'M KEEPING IT FOR SENTIMENTAL REASONS. When was the last time you looked at it?
18. THIS IS QUALITY, AND IMPOSSIBLE TO REPLACE. When was the last time you used it?
19. I SPENT A LOT OF MONEY ON THAT. When was the last time you used it?
20. IF I GIVE IT AWAY, I KNOW I'LL BE SORRY. When was the last time you used it?

THE BOTTOM LINE IS:

How much time, money, and energy have you spent storing the items that you know you will *never* use? Use it or lose it.