

What Does Clutterers Anonymous Have to Offer You?

Some people come to CLA expecting housekeeping hints, tips on sorting and filing, lectures on time management, or the like. To their surprise, they find that this is not CLA's purpose.

Why? Because clutter and chaos are only symptoms of our problem. While organizing tips may provide temporary relief, they do not address the underlying causes of the real clutterer's self-destructive behavior.

CLA gives the real clutterer an opportunity to identify with others who have the same problem. In CLA, we share our experience of both the suffering that results from cluttering and the joy of recovery. We offer unconditional acceptance and support to one another.

We in Clutterers Anonymous believe our "dis-ease" is threefold—physical, emotional and spiritual.

Physical: This is the behavior that results in the stacks, the piles, the objects, that fill our home, our car, our workplace, our world. Whether organized or strewn about, it is all so overwhelming. We find ourselves drowning in a sea of clutter. We have become owned by our possessions.

Emotional: This is the fog we create in our heads—resentments, unfinished thoughts, emotional baggage, daydreams, worries about the future, regrets about the past. Our minds in a constant spin, we lose today because our time is spent living in yesterday and tomorrow.

Spiritual: This is the deep emptiness we feel inside—the emptiness we compulsively try to fill by clinging to useless objects, nonproductive ideas, meaningless activities, and unsatisfying relationships.

Many of us have found that the 12-Step program of recovery offered by CLA affects healing on all three levels. The 12 Steps embody a set of principles which, when followed, promote inner change. Recovery for each CLA member is highly personal. There are no rules, just suggestions.

Principles + Action = Recovery. We have discovered that practicing the principles embodied in the Steps, combined with taking action by using the Tools, grants us the simplicity, order, and serenity we desperately sought for so long.

Responsibility Pledge

I pledge to stretch out my hand and heart to those seeking help from our compulsion. Together we will ensure that CLA is here for us and all those who follow in our footsteps. And for this I am responsible.

Clutterers Anonymous

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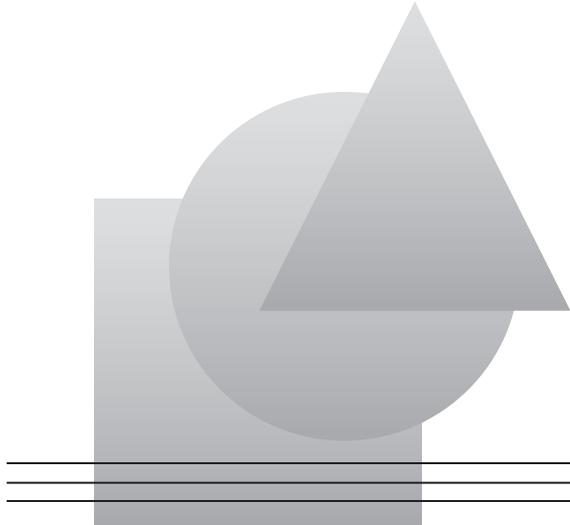
Web: www.clutterersanonymous.org
Find Meetings: (866) 402-6685

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Welcome



How Do I Know if I'm a Clutterer?

1. Do you have more possessions than you can comfortably handle?
2. Are you embarrassed to invite family, friends, health care providers, or maintenance workers into your home because it is not presentable?
3. Do you find it easier to drop something instead of putting it away, or to wedge it into an overcrowded drawer or closet rather than finding space for it?
4. Is your home, or any part of it, unusable for its intended purpose, with a bed you can't sleep in, a garage you can't park in, a kitchen you can't cook in, or a table you can't use for dining?
5. Is clutter causing problems at home, at work, or in your relationships?
6. Do you hesitate sharing about this problem because you feel embarrassment, guilt, or shame about it?
7. Do you have a weakness for discarded objects, bargain items, freebies, reading materials, or yard sales?
8. Do you use avoidance, distraction, or procrastination to escape dealing with your clutter?
9. Does your clutter create a risk of falling, fire, infestation, or eviction?
10. Do you avoid starting assignments, miss deadlines, or abandon projects because you can't find the paperwork or material you need?
11. Do you have difficulty making decisions about what to do with your possessions, daily living, or life in general?
12. Do you rent storage space to house possessions that you rarely use?
13. Do cleaning, organizing, follow through, upkeep, and maintenance all become daunting tasks, making the simplest of chores insurmountable?
14. Do you bring an item into your home without designating a place for it and releasing an equivalent one?
15. Do you believe that there is all the time in the world to clean your house, finish those projects, and read all those piles of old magazines or newspapers?
16. Are you easily sidetracked, moving from one project to another, without finishing any of them?
17. Are you constantly doing things for others while your own home is out of order?
18. Do you often replace possessions rather than find or clean those you already have?
19. Does perfectionism keep you from doing anything at all?
20. Does clutter cause you to have late charges added to your monthly financial obligations?
21. Do you feel a strong sense of emotional attachment towards your possessions, which makes it difficult to release them?
22. Do you consider all your possessions to be of equal worth, whether or not the objects have financial, functional, or sentimental value?
23. Do you waste your valuable time and talents by constantly rescuing yourself from clutter?
24. Does clutter keep you from enjoying quality leisure time?
25. Is the clutter problem growing?

If you have answered yes to some of these questions, you are not alone, and CLA is here for you. Many of us have answered yes to most of these questions, while some of us have identified with only a few. However, the actual number of positive responses is not as important as how you feel inside about your clutter.

How CLA Got Started

CLA was started on February 26, 1989, by two California women who wanted to bring order into their lives. They founded CLA to simplify their lives so that they could free their time to use their God-given talents and help others to accomplish the same thing. The first meeting was held in Simi Valley, California, May 1989.