

Organizing Your Stuff

by Dana Anderson, MFT |

Q: We have so much stuff in our house it's driving me crazy. I'd like to blame it on my husband but I'm just as bad. He can't get rid of anything, I shop too much. It's starting to interfere with our lives. What should we do?

A: You are not alone. I think it's particularly hard in our society when we have so many options for buying "stuff." However, you seem to be saying you want to get rid of things and stop collecting so much. The first step is identifying what you must keep and what you must dump. We have a hard time getting rid of things because we are attached to them emotionally. "Oh, my mom gave me this when I was in the hospital" Turns out, it's a four foot stuffed animal, a lizard! Nobody wants this, but it has sentimental value.