

THE SEVEN EMOTIONAL CLUTTER BLOCKS

dClutterfly®
make space for what matters

by Tracy McCubbin

WHAT IS A CLUTTER BLOCK?

If you are having trouble decluttering, you are most likely stuck in a Clutter Block.

Clutter Blocks are emotional stories you tell yourself about why you can't let go of the things you don't want, need, or use!

As a professional declutterer and organizer, I have seen these same seven Clutter Blocks pop up over and over again. I have seen these so frequently that I was able to fill an entire book with stories (as well as tips on how to break free from them and finally declutter!).

Everyone has one, maybe even more than one! If you are experiencing a Clutter Block, it may feel like the clutter is never-ending and there is simply no way to get over the hurdle of letting go. Understanding and conquering your Clutter Block will help you finally tackle your clutter!



MAKING SPACE, CLUTTER FREE by Tracy McCubbin

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01 My Stuff Keeps Me Stuck in the Past

How It Presents Itself: This block appears when sentimental items from the past fill your space—trophies from high school, bins of your children's artwork, or memorabilia from previous eras. These items can make you feel as if your best days are behind you, causing a sense of loss and nostalgia.

02 My Stuff Tells Me Who I Am

How It Presents Itself: This block manifests in compulsive shopping or collecting. You may have closets full of clothes in every color, walls of designer bags, or stacks of unopened purchases. Your identity feels tied to your possessions.

03 The Stuff I'm Avoiding

How It Presents Itself: This block shows up as piles of unopened mail, paperwork, and things you intend to return or donate. It's a physical representation of procrastination.

04 My Fantasy Stuff for My Fantasy Life

How It Presents Itself: This block is about items bought for a dream version of yourself—gourmet kitchen gadgets, unused sports equipment, or crafting supplies still in packaging.

05 I'm Not Worth My Good Stuff

How It Presents Itself: This block appears when you save special items for "someday"—fine china, luxury items, or expensive candles left unused.

06 Trapped with Other People's Stuff

How It Presents Itself: This block involves keeping things out of guilt—hand-me-downs, inherited furniture, or sentimental items from others.

07 The Stuff I Keep Paying For

How It Presents Itself: This block keeps items around because of guilt—holding onto things simply because they were expensive or "too good to waste."

WHAT IS YOUR CLUTTER BLOCK?

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