

# Comfort Through Discomfort Activity & Reflection

The “Comfort through Discomfort” activity sensitizes you to articulate your feelings about clutter, ultimately expanding tolerance for discomfort.

## *Comfort through Discomfort Activity*

**WHAT:** Confront four unique messes in your space over four days. Record your emotions each day. Notice your physical and emotional responses after each daily visit.

**WHY:** Confronting your messes—your demons and fears—diminishes their power.

**HOW:** Locate four personal, small decluttering messes that scare, overwhelm, or bewilder you. Stuff stashed under your bed, in a closet, the trunk of your car, or a storage container might be ripe messes for the picking.

**TOOLS:** One sheet of paper and a writing utensil, computer or tablet.

**TASK:** Re-create the below chart on paper four times. Visit four messes each day for four days. Record emotions and physical reactions in a log each day.

**TIME:** Ten minutes each day for four days.

	Location	Emotions	Physical Reactions
Day 1			
Day 2			
Day 3			
Day 4			

## *Reflection Activity*

**WHAT:** What change in intensity, reaction, and duration of emotion in your body did you experience from day one to day four? In the space below, answer the reflection question.

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