

Conversation Activity & Reflection

Daily, like an unconscious dance, you care for and protect these spaces full of stuff. In reality it is a type of relationship, right? So, engage in a honest dialogue between you and your space.

You feed and care for these spaces. On some level, your space is responding.

Conversation Activity

WHAT: Have a two-way conversation with your living space.

WHY: Stretch yourself to see not just stuff, but the emotions in this space.

HOW: Role-play a conversation with your space and another conversation your space has with you. Allow subconscious and conscious thoughts and feelings to surface. Mine for thoughts, feelings, desires, dreads, ambitions, beliefs, and wishes each of you are having for the other.

TOOLS : Distraction-free environment. "Safe-Zone Conversation" dialogue starter. Feelings list. One sheet of paper and writing utensil, computer or tablet. Voice recorder.

TASK: Have a monologue with a loved or loathed area of your home. Then role-play the monologue your loved or loathed space would have with you. In the spirit of bolstering tolerance for discomfort, I know this may feel wonky but give it a try. As if this room was human, what are you saying to each other?

TIME: Forty minutes total. Each of the twenty-minute activities should be completed on two different days.

Safe-Zone Conversation Starter

Day 1 - You speak to your room.

Slowly, with an open heart and mind, visually scan the area top to bottom and side to side.

- What emotions, phrases, or thoughts come to mind as you observe these possessions?
- Express what you love and where you find joy in this space.
- Focus now on the trouble spots, such as stacks of books, the papers, the yard, or surfaces filled with possessions. What do you want to be different?
- Review the list of emotions below to see if any of them resonate:

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Feelings List

Angry	Bright
Chaotic	Confused
Comforted	Cozy
Disappointed	Disinterested
Frustrated	Happy
Lonely	Neglected
Overwhelmed	Sad
Unclean	Other?

Once you've finished this conversation, write down **your** thoughts and feelings about this space here:

Day 2 - Your room speaks to you.

Come back to this place, hold the second conversation, in which your space has the opportunity to speak to you. Don't hold back. Embody the essence of your space. Become your space and its contents. Actively listen to the hopes and dreams this space inspired when you first moved in? What does this space think of you as its caregiver? If this space were a child, how well would it feel cared for?

Everything in this space is able to speak to you. Give these non-living things an opportunity to express themselves.

- What would individual things say to you?
- How does this space feel about the care it receives?
- What does this space want to be different?
- What makes this space happy?
- Review using the "Feelings List"

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Write down the thoughts and feelings *your space* is having about the state of this space.

What will your future-self refuse to permit and promote in your dream space?

Reflection Activity

WHAT: On a scale from 0 to 100 percent, how invested were you in these conversations? If you felt less than 80 percent invested, consider revisiting in a day or two. In the space below, answer the reflection question.

You can no longer enable all of this excess if you want less clutter.
What we permit today will be different than what we permit post-decluttering.
Develop a clutter-free mindset.