

# Clutterless Recovery Groups Meeting Kit 1

## Revison 4.0

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# Clutterless Meeting Kit

Thank you for being willing to help yourself and others by obtaining this kit.

A lot of love and work has gone into creating it. I hope that it will guide you and make it easy for you to start and run Clutterless meetings in your area. There's a lot of information here, based on years of experience. Before you get overwhelmed by the amount of information here, this kit is designed to cover most contingencies you will encounter.

## **Starting a meeting is really simple:**

- 1. Find a location (church, library or other place).**
- 2. Send announcements to local media.**
- 3. Show up.**
- 4. Read the meeting format.**

You do not have to do everything suggested. You do not have to do everything perfectly. All you have to do is what you can, when you can. Once you get a meeting going (it will take only a few hours of your time), others will help keep it going. You are not alone.

You will find that conducting meetings will help you overcome your own cluttering ...

more than you thought. There will be times when you may wonder if you are up to the challenge. You may get discouraged when attendance at meetings is down. Please do not despair. No one of us has all the answers. None of us are experts at anything other than our own cluttering. We may be farther along the road to a clutter-free life, but we do not present ourselves as therapists or psychologists. All we can share is our own experiences and learn from others. Most of the answers to members' questions are in our books, *Stop Clutter From Stealing Your Life*, *Stop Clutter From Wrecking Your Family* and *Clutter-Proof Your Business*. You may want to have a copy at the meetings to refer to. Although we do not require anyone to buy the books, we have found that those who have (and read them!) get better quicker.

**We are officially a 501(c)3, nonprofit**

organization, incorporated in Texas. Our Federal Tax ID # is: 76-0677137. Donations are tax-deductible. If anyone wants to make a large donation and needs a receipt for tax purposes, we can supply it.

## If you made a donation to get this kit, you should be reimbursed 3

from the donations of the group. When your group grows enough to have other members start meetings, they should obtain their own meeting kit.

### All the info is here. If you got this from the web, open the files that need to be

personalized like the postcard, press release and media letters in Adobe Acrobat. On the menu bar, click "Select All," then "Copy." You can now Paste each file into your word processor, then save it to your hard disk with a different name so you can modify them.

### May God bless you for taking the effort to help others as well as yourself and guide

you to always say and do the right thing. My blessings certainly are with you. You can always call me for personal assistance in running your meetings at 512-351-4058. That is the official Clutterless telephone number.

**God bless,**

Mike Nelson, Founder

# How to Start a Meeting

You are doing a great thing. Everybody wants meetings but few are willing to start one. It's people like you, who overcome your fears, who are true heroes. We have been isolated long enough. Starting a meeting can help you overcome your own cluttering more than you can imagine. Meetings enable us to overcome the bondage of cluttering. We can only keep a thing if we give it away. Don't get overwhelmed at the detail of this kit. It's meant to make you feel more secure. You don't have to do everything suggested all at once. Just getting a place to meet and sending a notice to the newspaper is enough to start. Once you get going, someone else may have time to do more publicity and take that over. If you just get a meeting going and a few people to show up, the rest will take care of itself. Whatever you do will be fine.

## 1. Find a Place.

Churches, libraries, community centers, mental health associations and hospitals are your best bets.

### **Whom to contact.**

- Libraries, community centers: community relations person.
- Churches: the minister's secretary or community relations person.
- Local Mental Health Associations: the self-help coordinator. They can be valuable allies even if they don't have space.
- Hospitals are more difficult. Try community relations (or someone in the psychiatry unit). Hospitals require someone on staff to "sponsor" meetings. Doctors won't know what Clutterless is about. You can educate them by giving them copies of "The Medical Opinion" from our two books. Often, therapists refer clients to our meetings with good results. Include a copy of our Statement of Principles, highlighting the section that starts, "We have no opinion on therapy or medications ...."

### **What to look for in a meeting place.**

- Easy to find. More meetings have failed because the location is difficult to find than for any other reason.
- Parking. Unless you are in a city where public transportation is excellent, parking is crucial. If on-street parking is the only choice, make sure it is not posted for residents only or limited.
- Wheelchair accessible. Try to get a downstairs meeting room A well-lighted, safe neighborhood is important – VERY IMPORTANT.

### **Rent.**

Most meeting places will charge rent. About \$30 a month is average, but some localities cost more. Since attendance at first will be low, ask for a reduced rent for the first two months. It is important that you are diligent in paying, even if it is a small amount. People pay hundreds or thousands of dollars to professional

organizers or therapists for help with cluttering. We are helping people in a lasting way, without a profit motive. We should be responsible members of the community and pay our dues (literally). Once you are established, you should be able to pay regular rent. Sometimes the facilitator may have to foot the bill at first. Keep accurate records (pay by check) and reimburse yourself from donations. To maintain our nonprofit status, we need to keep accurate records for the IRS.

## **When to hold meetings.**

Meetings **MUST** be held weekly. I have seen too many meetings fail because they were held bi-weekly or monthly. When that happens, people don't get a chance to really work on the problem. Emotional support works best when it is regular. Weeknights are best, usually 6:30-7:30 or 8-9:00 PM, but anytime can work. Allow two or three weeks for the first meeting from the time you send out announcements.

## **2. Let the Public Know.**

Remember, you don't have to do all of this at first, so don't get overwhelmed.

Just do what you can to get started.

### **Newspapers**

Include daily, weekly and special interest papers in your efforts. Newspapers will place a notice in their Calendar or Community Events section for free. Many have a special weekly section for Support meetings. Make sure you get in there. A sample fax is included. Call the papers and ask to whom to direct the notice and if they prefer fax, mail or email. Resend it every few months as they get dropped. If you are comfortable, include your phone number for information. Don't put the phone number of the meeting sponsor, unless they have a recording with directions and you have asked the person in charge.

3. Make sure the web site address ([www.clutterless.org](http://www.clutterless.org)) is included. Let us know the location and we will post it. Be sure to give us directions and your phone number (and tell us whether you want it posted or not).

### **Radio/TV**

Radio and TV stations have PSA's or public service announcements for groups like ours. Just call the stations and ask how to send a PSA. (Sample enclosed).

### **Internet**

Most cities have an umbrella page, like [www.yourcity.com](http://www.yourcity.com) or the like, or a Yahoo listing or a City Search page. You can put info about your meeting there. Be sure to include directions, or a link to a

mapping site so people can find it. I believe it is an infringement of copyright laws to actually include the map itself, so please either have a link or draw a map yourself.

## Notices and Pamphlets

Make index card sized announcements. Libraries, churches, grocery stores and book stores will usually let you put them up. Be sure to get them approved. Other recovery groups may be supportive. If you belong to any, mention that Clutterless meetings are starting and say you'll be glad to talk to anyone after the meeting about it. Most of the clubs have bulletin boards and some will let you post a notice. Include the website. We will post your meeting on our website.

## 3. Be there!

There is nothing worse than a clutterer going to a meeting and no one being there. (Well, there are worse things in life, but let's not dwell on that). If you make this commitment, keep it. Even if you are the only person there at first, stay for at least 20 minutes, in case there are latecomers. Don't berate anyone for being late. Once you have regular attendees, start on time. If you know you will not be able to make a

meeting the week before, ask for a volunteer at the meeting. It's good to have two people with keys. If you unexpectedly find you cannot make a meeting, call and ask for a volunteer to lead. That is a good reason for phone lists.

## 4. Materials

It's a good idea to have a few copies of *Stop Clutter From Stealing Your Life*, *Stop Clutter From Wrecking Your Family* and *Clutter-Proof Your Business* at meetings. Left to purchase it later, not everyone follows through. You can purchase copies from our web site link to Amazon.com for a discount and we make a few cents on the transaction.

## 5. Encourage others.

Encourage others to start meetings in different parts of town and help support them. After all, they drove to your meeting when it started! It's best of the first seven meetings are on different days, but whatever works, works.

## 6. Getting Speakers.

We encourage professionals to share their viewpoint with us. Many of our members will already be in therapy, or have hired professional organizers. When you have some continuity, say ten or more members regularly attending meetings for a few weeks, approach professional organizers, psychologists, or therapists who specialize in clutterers or hoarders to speak. Also, have members who have made progress to tell their stories. It's good for them and the group. It's usually best to have a speaker meeting not more than once a month.

## 7. Organization

- Occasionally, hold a group conscience meeting after the meeting, on the first or last meeting of the month.
- Don't over-organize. At first, you won't need officers, but giving more people a chance to be " a part of" helps ease the load on you. At most, we have a group leader and a treasurer and a literature person. A six-month commitment for each officer is recommended to insure group continuity.
- Keep the meetings short and focused.
- Topics you'll need to discuss are generally simple.
- Do we need a new meeting place?
- What can we do to get more attendees?
- Are we paying the rent? Keep a prudent reserve of 2 month's rent. If you are not making the rent, mention this to the group at the next meeting and ask them to be more generous. We have to learn to be responsible and get out of our lack consciousness. o \$5 is the suggested donation. The days of a dollar in the basket being enough to pay the rent and support the parent organization are gone.

Since no records of who donates, those who cannot afford to pay are not embarrassed. If anyone wants to write a check, or make a larger donation, we are a 501(c)3 corporation and can send them a tax-deductible receipt. Make checks to Clutterless Recovery Groups.

A contribution to the World Headquarters is needed, to keep spreading the word. 50% is the normal. Money should be set aside for printing literature.

The treasurer should keep a record of monies received and disbursed. This should be available for all to see. For the protection of the treasurer, the nightly collection should be counted by one other member at each meeting before being put into the envelope.

## 8. Stepping Down.

Eventually, groups need to elect new officers. It can be emotionally difficult to let a meeting go, but it is best for the health of the group and that of the leader. Occasionally, a group will not want to let an officer resign. If both the group and the officer are comfortable with this, she/he can continue for another six-month term.

## 9. Member Issues

Many of our members will have other psychological issues they are dealing with. Sometimes they will need to talk about things that do not seem to be clutter-related. The facilitator's duty is to help the group as a whole. Gently guide the person back to the subject and suggest that other members with the same challenges might be able to help them after the meeting, or if they have a therapist, to bring it up to her.

However, since all these issues are inter-related, don't be too quick to dismiss whatever is on their minds. Our cluttered minds are part of our cluttering. You may have to talk to her after the meeting. But, if you have a disruptive member who does not want to change her behavior, you may have to ask her to stop coming. The health of the group comes first. One disruptive person can kill a group.

## 10. Don't let "how-to" replace "why."

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We are not just about how to organize. We are about changing the emotional reasons we clutter. Sometimes groups get off track and meetings become more about how we organized our clutter than what we did emotionally to stop cluttering. Please do not let this happen. If a member insists on monopolizing the meeting and directing it in that direction, ask her after the meeting to refocus on what we are about. If she insists continues to try to transform the meeting into an organizing meeting, ask her to leave. If organizing alone worked for us, we wouldn't be where we are today. The group is more important than any one individual.

END SECTION

## Format for Clutterless Meetings

Facilitator should arrive 15 minutes early to set up, put sign on door etc. Meetings start promptly and should last an hour and a half, unless you have a small group. This gives everyone a chance to share and get feedback. We don't encourage making coffee, tea etc. as it takes time and provides a distraction during the meeting. If members wish to go out for refreshments afterwards, that is encouraged, as it enables us to get to know each other in a social environment.

### Meeting format.

"Welcome everyone to Clutterless in \_\_\_\_ (your city) \_\_\_\_\_. My name is \_\_\_\_\_. I am a reformed clutterer. This is a support group where people whose lives have been affected by cluttering, their own or that people close to them, can discuss more lasting ways to overcome it than by applying organizing techniques alone. " Stuff" isn't the issue. It is how we relate to our `stuff' that we learn to change. Our cluttering is often a manifestation of other issues like control, Adult AD/HD, OCD, anxiety or depression. We are not about quick fixes. We don't `get well' in one meeting. We get better all the time, with the support of others by attending meetings. We have no dues or fees. We do have expenses and request donations, but and no one is turned away for lack of funds. Members are encouraged to visit our web site, [www.clutterless.org](http://www.clutterless.org) for support. Please turn cell phones and beepers off."

Pass the Clutterless Statement of Principles around and let each member read part.

### Introductions

" As I said, my name is \_\_\_\_\_ and I am a reformed clutterer. So we can get to know each other, let's go around the room and introduce ourselves by your first name. We respect the privacy of all. What you say here, stays here. We have a phone list, so we can call upon each other as " clutter buddies" when we begin decluttering projects. This is an integral part of our program. If we could have overcome our cluttering alone, we wouldn't be here. Committing to another person helps us get going. Call your buddy when you start a decluttering project and commit to calling her back in 15-20 minutes. Together, you can celebrate your success or discuss why you are having a hard time. [Pass around a master phone list]. We are no longer islands in the middle of our clutter. We are a family united."

[When introductions are over]. " Let's all give ourselves a big hand for having the courage to show up!" [Everyone claps. This may feel silly at first, but it really helps everyone feel more "a part of" ].

### Beginning Visualization ( 5-10 minutes)

"Our meetings have a structure that works well. First, we may have a short visualization. This is not meditation and has no religious overtones. Then everyone shares without any one commenting or offering advice (cross talk). We talk about how clutter is affecting our lives. The reason we don't comment is some of us feel like we haven't been listened to or have been criticized when we spoke

about our clutter. This is our chance to say what is on our mind, without asking for help or comments. After that, we may have a speaker. If not, we discuss practical solutions to cluttering and getting rid of it. We ask the group for suggestions on something that's bothering us. Then, we make a commitment to the group to do one or two things about our clutter and report on our success from our commitments the previous week. Lastly, we read the affirmations or promises.

[At first, the facilitator should conduct the visualization, focusing on clutter-free images. If, however, another member is more gifted at this, let her do it. Feel free to change the visualization as inspiration leads you. The only suggestion is that the initial relaxation period remain constant. This may be hard for you, but don't worry there is no wrong way to do it]!

Sample Visualization (This may be difficult for some of you, so if you need to skip it, okay, but try it a few times.

“Close your eyes and relax. Breathe slowly, deeply. With each inhale take in the positive, healing energy in this room. With each exhale, let go of the tension and frustration you brought in. Listen to your breathing. Focus on the sound of your breath. Relax your forehead and neck. Let the tensions you carry flow down through your bodies to your hands and out of you.” [Allow about 30 seconds].

“Release the tension in your shoulders. Your chest. Arms. Legs. Tension and worry flows out from your body like a stream to a river, a river to the ocean.” [Allow a couple of minutes in silence].

“Go inward to your quiet, calm center. Deeper inward. Direct your vision to a clutter-free life. [Here, expand on, or create a new visualization as you feel correct. Some suggestions are to imagine a small clear area and make that a sacred space. Or focus on mental or emotional clutter. Whatever feels appropriate is what is correct. There is no wrong way to do this]. Imagine a place where your clutter has ruled. This could be your bedroom, living room, office, or anywhere that bothers you. Put a clear barrier between you and your clutter. You are not your clutter. It is only stuff. View it as unemotionally as possible. You are stronger than your clutter. You are in charge. Clutterless self taking charge. See yourself creating a clutter-free space. Don't worry about where things go. Just get them out of your field of vision. Your goal right now is just to create clear space, not organize. Create order where there was disorder. Feel the texture of the objects you discard. See and feel clarity where there was chaos. Feel the joy and pride that decluttering creates in you. Hold that vision. Draw it into your heart. This is how your life really is. This is your reality.” [Spend about twice as long as before in silence while members see this. When you feel ready, or sense fidgeting, begin speaking again].

Slowly, when you are ready, return to this room, slowly coming back from your vision. When you are ready to begin making it real on the physical plane, first return to this vision of a clutter-free environment.”

Individual Sharing (30 minutes)

“Now we share our experiences with cluttering and how it affects us. We may talk about our feelings or the physical aspects of our clutter. Please confine your comments to clutter-related issues. If you're here because of someone else's cluttering, please talk about how it affects you. So that everyone may share, please keep your sharing brief, about 3 to 5 minutes [depending on group size]. During this sharing, everyone should be heard without cross-talk. This is your chance to express your feelings

without judgment or blame. Cross-talk is commenting on, or offering advice to the person sharing. During the discussion period, we ask for advice. Who'd like to start?"

[If it is a large meeting, a few minutes before the allowed time is up]. "OK, let's move on. Is there someone with a desire to share briefly, who didn't get a chance? [Allow one more person to share]. " If you didn't get a chance to share, or if you need to talk more, please talk to a fellow clutterer after the meeting. We are here for each other."

#### Speaker Part (20 minutes)

[If you have a speaker, introduce him/her briefly and give him the floor. Speakers may be from one of the helping professions or a clutterer who has some recovery to share. If you have no speaker, go to the question and answer period. Sometimes the Q&A will expand itself, but appear to be going nowhere. In this case, you should exercise leadership and redirect everyone's energies to discussing cluttering].

#### Discussion Period (15-20 minutes).

" Now we can ask the group for help on some specific aspect of cluttering. Cross-talk is encouraged. After hearing the question, anyone can tell us how they deal with the same issue, or offer suggestions. If you hear something that makes sense to you, take it home. If not, leave it here. Remember, no one is telling anyone what to do. No one is an expert on your clutter. While the discussion is going on, we pass the basket for donations to keep our group alive. We have rent to pay, literature to print, and World Headquarters expenses for outreach to clutterers. \$5 is the suggested donation. Please be generous. There is free literature on the table. There are copies of our books, *Stop Clutter From Stealing Your Life*, *Stop Clutter From Wrecking Your Family* and *Clutter-Proof Your Business* for sale after the meeting. Please look at them after the meeting. Who has a question?"

#### Commitments (5-10 minutes)

" Making a commitment to the group helps us in our decluttering. We report on our commitments from last week and make new ones for the coming week. We pick one or two projects that are doable. Keep it short. Pick something that is realistic and manageable. Clearing off a desk or table (or part of a desk or table) is realistic. Decluttering a whole room is not. Don't feel like you have to pick a project if you don't feel comfortable doing so. A commitment to return to the next meeting may be plenty for you. Often we will do another project than the one we committed to. That's fine. Whatever we do is a success. Let's go around the room."

#### Closing (5 minutes)

"Thank you all for attending and sharing. Please pick up after yourselves and help us return our meeting place to the condition we found it. Our next meeting is at \_\_\_\_\_. [This is only applicable after you have been around for awhile]. We support new groups with our attendance. Does anyone have another meeting they would like to mention?"

" Let's close with a reading of the affirmations [or Promises. Often, you won't remember what you read last, so ask the group which they want to hear]. There are \_\_\_ promises or affirmations. We can each read \_\_\_\_." [Pass the affirmations or promises around.. Everyone should get a chance to read].

"Thank you all for a great meeting. See you next week. And happy decluttering! Some of us like to get together at \_\_\_\_\_ for fellowship afterwards. Everyone is welcome. Let's give ourselves a round of applause for showing up!" 12

[It is a good idea to have an "after the meeting meeting" by going to a coffee shop or inexpensive restaurant nearby. I stress "inexpensive" because I have seen groups lose members when they chose a fancy restaurant. Remember, some of us are still struggling financially. We get together afterwards so everyone can feel included, so please be considerate, even if some of the members are affluent and some will be.]

[Until your group really grows, you won't have a treasurer, so don't worry about it]. When the meeting is over, the group leader should count the money collected and put it in an envelope, with the amount and name and date of the group written on it. If you have a treasurer, give it to the treasurer. Enter the amount collected in the financial report sheet in your meeting kit. If collections are small, do not despair. As your group grows, they will increase. This is a non-profit organization, a helping organization, but we are not freeloaders. If the group is not collecting enough to pay the rent, buy literature and make a donation to World Headquarters, bring that up at a group conscience meeting.

END SECTION

## Clutterless Recovery Groups Statement of Principles

We are a peer-based support group for people who have a problem with clutter in their lives: physical, emotional, spiritual. Decluttering our lives is more than cleaning out junk. It is clearing our spirits. We didn't get this way overnight and we won't get where we want to be in one meeting. That's why we keep coming back to meetings. Our progress will wax and wane, but we never give up. We build clutter-free lives on a series of small successes one bit of clutter at a time. If your own disorderliness or clutter, or that of a family member is causing distress, you'll find solutions that work for real clutterers here. Whether you are only a little disorganized, a hoarder, have AD/HD, or are just overwhelmed by your clutter, you're in the right place.

We often believe that we don't deserve more in our lives, so we hang onto items and papers we no longer need. We may fear we will never have enough, or know everything. We learn to trust ourselves that we can discard those things that do not serve us anymore. We learn to trust ourselves to make decisions. We are successful. We are powerful. We are free.

We have no religious or other affiliations. We are not a 12-Step Program. We are equals who learn decluttering tools so that we can live successful, happy lives. We respect the privacy of all who share. What you say here stays here.

We leave all decisions about therapy to the individual. We do not take the place of therapists and have no opinions on treatments or medications. Our goal is to help each other, as only peers with the same challenges can. Professionals like psychologists and organizers are welcome to attend and share their perspectives. Most of the meetings are devoted to individual sharing.

We share our feelings about our cluttering, without cross-talk, which is interrupting or giving advice. This is our opportunity to express ourselves in a safe environment and be heard without comment or criticism. Later, we'll discuss practical solutions that work for us. We encourage everyone to find a "clutter-buddy," a fellow clutterer we can call to support us in decluttering. Before we begin a decluttering project, we call our buddy and decide on a length of time or a specific project to tackle. We commit to calling our buddy back to share our progress. If we are stuck, we discuss it. Even if we don't achieve our goal, we are successful because we faced our clutter. Buddies might be invited to our homes or offices to physically help, if we so choose. We are all expressions of God's love and He wants us all to live happy, joyful, orderly lives. We are successful and perfect in our own way. We help each other realize this. Our success and self-worth do not come from people, places or things. They are outward expressions of our inner perfection. We seek to help each other unlock that expression. Please join us at [www.clutterless.org](http://www.clutterless.org) for support.

# Media Relations

## Proactive Media Attention

Don't get overwhelmed by all this information. No one does everything suggested. Do what you can, when you can. We feel that the best way to help people is not to hide our light under a bushel basket. We encourage those who are comfortable with public appearances to inform the press, radio and TV that our groups exist. Use the tips in the second section on whom to contact and how. Remember, we are a community organization with the goal of improving our communities by becoming better citizens.

### PSA'S

Although we mentioned these in the " Getting Started" section, these Public Service Announcements should go out about monthly to radio and television stations. They provide information about community events that enrich the community. A sample is enclosed in the kit.

### TV

- Contact the producers of any human interest community shows. They are very receptive to what we are doing.
- Contact the producer of the morning, noon or evening news. They often like to have short (1-3 minute) segments on local community programs.
- Don't forget to keep sending out those PSA's!

### Radio

- Local talk-show hosts really like to feature self-help organizations.
- See above comment on news reporters.
- Remember the PSA's.
- Non-talk radio disk-jockeys might briefly mention it.

### Newspapers

- Local columnists like upbeat stories like ours.
- Letters to the editor (sample enclosed) can get a lot of attention.
- Weeklies are very receptive to this kind of story. (Send the editor a copy of the news story with a personal letter.
- Special sections, printed once a week are very community oriented.
- Write local self-help or recovery columnists telling them of the groups.
- Write " Dear Abby," " Oprah," etc. telling them your personal experiences and how the groups have helped you. Be sure to include your phone number and address, as well as the World Headquarters phone, (409-744-1289), address, web site and email (clutterlessmike21@clutterless.org.)

### Civic Organizations

- Lions, Optimists, Rotary clubs need speakers. They will give you 10-20 minutes to explain why the organization is doing something for the community. Contact any member or go to their web sites for the names of the coordinators. They usually give you a lunch for your trouble.
- Churches and senior groups will often put meeting announcements in their bulletins even if you don't meet there.

· Mental Health Associations have directories and newsletters which will get the word out to the mental health community. They also may offer facilitator training programs which will help you develop your general meeting skills for a nominal charge. Until its demise, we were members of the Mental Health Assn. of Greater Houston and your group could get listed in a local directory if you ask.

## Passive Media Attention

Once your meetings are established, you may be approached by the media to do a story on the organization.

Your paper will want to feature local people. When this happens, call us and we can discuss how to handle it. Media attention can help all of us, but we must insure that they do not violate the anonymous nature of our meetings. They are usually very respectful, but we have had some reporters who need to be reminded. Newspapers generally want a picture of someone decluttering a house. Most members will be hesitant to have their pictures taken, but may be willing to let their houses be used. It is possible for the photographer to show a person only in profile and thus maintain their anonymity if that is an issue. You have the right to insist on this if it is important to you. I was in the *Los Angeles Times* anonymously, but people who knew me recognized my profile. I was in the *Houston Chronicle* non-anonymously and nobody yelled "clutterer" at me in the grocery store. But everyone needs to understand that others will recognize them if they let their faces be used.

## Letter to the Editor

This is a good letter and probably doesn't need amending, except for the day, time and location.

Dear Editor,

Cluttering isn't about "stuff." It's about how we relate to our "stuff." I tried for years to "get organized" with no lasting effect. But I have finally found something that works for those of us with emotional attachments to our "stuff." Your readers should know about a national recovery organization called Clutterless Recovery Groups ([www.clutterless.org](http://www.clutterless.org)), with a local chapter, "Clutterless in (your town).

These are self-help support groups of clutterers who learn ways to deal with the reasons why we clutter, in order to make lasting changes in their lives. We are not about "organizing." We deal with the blockages that clutter manifests in our lives emotional and mental. Our meetings are open to anyone with a cluttering problem. Many of us see therapists and have found that cluttering may be an expression of other issues like: AD/HD, depression and anxiety. Family members are welcome and often find that meetings help them understand the clutterer in their life. We meet at \_\_\_\_\_ every \_\_\_\_\_ at \_\_\_\_\_ PM.

Sincerely,

---

## Dear Abby Letter

Dear Abby

POB

69440,

Los

Angeles,

CA

90069-0440

<http://www.uexpress.com/dearabby/viewda.cfm> (write letter online)

Oprah Oprah's Angel Network, P.O. Box 96600, Chicago, IL 60693

Just go to [www.oprah.com](http://www.oprah.com) and click " email us."

Please reword letter so that it does not appear to be a form letter.

Dear Abby (or Oprah for Oprah, change " readers" in line 4 to " viewers" ),

(Tell briefly your story and why this is important for her readers to know). Feel free to amend the following paragraph as you see fit.

Cluttering is about our emotions, not just our " stuff." I tried for years to " get organized" with no lasting effect. But I have finally found something that works for those of us with emotional attachments to our " stuff." Your readers should know about a nonprofit 510(c)3, national recovery organization called Clutterless Recovery Groups ([www.clutterless.org](http://www.clutterless.org)), with a local chapter, " Clutterless in (your town).

These are support groups of clutterers who learn ways to deal with the reasons why we clutter, in order to make lasting changes in their lives. We are not just about " organizing." We deal with the blockages that clutter manifests in our lives emotional and mental. Our meetings are open to anyone with a cluttering challenge. Many of us see therapists and have found that cluttering may be an expression of other issues like: AD/HD, depression and anxiety. Family members are welcome and often find that meetings help them understand the clutterer in their life. We have weekly support meetings in different areas of the county. The schedule is on our web site, or readers can call 512-351-4058 for information on starting a meeting in their area.

The next part should be sent pretty much as it is.

Clutterless Recovery Groups ([www.clutterless.org](http://www.clutterless.org)), are non-profit 501(c) 3 support groups of clutterers helping clutterers. Our philosophy is expressed in two books written by our founder, Mike Nelson, Stop Clutter From Stealing Your Life, and Clutter-Proof Your Business available at meetings or bookstores everywhere. An information kit is available for \$15: Clutterless World Headquarters, 5413 N. 32<sup>nd</sup> Street, McAllen, TX 78504. PH: 512-351-4058

Sincerely,

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Press releases and PSA's can be sent via fax, email or regular mail.

## Press Release

FAX to: Community Announcements, Calendar, Recovery Announcements

FAX #: \_\_\_\_\_

For Release after \_\_\_\_\_

## Clutterless Recovery Groups

Clutterless in \_\_\_\_\_(your city) \_\_\_\_\_ is a nonprofit, peer-based, self-help, support group for people with difficulty discarding unwanted possessions. Cluttering is a psychological issue, not an organizing issue.

Clutterless in \_\_\_\_\_  
meets weekly at: \_\_\_\_\_

every \_\_\_\_\_ at \_\_\_\_\_ PM.

For more information, please contact: \_\_\_\_\_

PH: \_\_\_\_\_.

Web Page: [www.clutterless.org](http://www.clutterless.org)

email: (your email)

# Public Service Announcement

FAX to: PSA reporter

FAX #: \_\_\_\_\_

For Release after \_\_\_\_\_

## Clutterless Recovery Groups

Clutterless in \_\_\_\_ (your city) \_\_\_\_ is a nonprofit, peer-based, self-help, support group for people with difficulty discarding unwanted possessions. Cluttering is a psychological issue, not an organizing issue.

Clutterless in \_\_\_\_\_

meets weekly at: \_\_\_\_\_

every \_\_\_\_\_ at \_\_\_\_\_ PM.

For more information, please contact: \_\_\_\_\_

PH: \_\_\_\_\_.

Web Page: [www.clutterless.org](http://www.clutterless.org)

email: (your email)