

THE PSYCHOLOGY OF *Decluttering*

Letting go of things isn't just a physical process—it's an emotional and psychological one. Our belongings often hold deep meaning: they represent memories, identities, roles we've played or loved ones we've lost. That's why decluttering can stir up resistance, sadness, guilt—or even a sense of loss.

But here's the truth: You're not getting rid of the memories—just the excess.

WHY IT'S SO HARD

- **Attachment** – “This was my mother's...” or “I wore this when...”
- **Fear** – “What if I need this someday?”
- **Identity** – “If I let this go, who am I without it?”
- **Overwhelm** – Too many decisions all at once can shut us down.

THE EMOTIONAL UPSIDE

- **Clarity** – Less clutter equals fewer distractions and clearer thinking.
- **Relief** – Releasing what no longer serves you lightens your emotional load.
- **Empowerment** – You're taking control, not just of your space, but your future.
- **Legacy** – By making decisions now, you spare your loved ones difficult choices later.

THOUGHTFUL PONDERINGS

- Acknowledge your emotions—they're real and valid.
- Tell the story before you let go: say it out loud, take a photo or journal it.

REFRAME THE PROCESS

- You're not losing ... you're making room for what matters most now.



TOM & NANCY HARVEY
Seniors Real Estate Specialists® (SRES®)
Outstanding Life Member Masters Club
Global Luxury Specialists
DRE #01864883
916.599.3018
TheTeamHarvey@gmail.com
TomandNancyHarvey.com

THE
TOM & NANCY
HARVEY TEAM

 **SRES**



COLDWELL BANKER
REALTY