

Glossary

accept	To receive willingly all of myself and the reality of my <u>addiction</u> to <u>clutter</u> . See <u>admit</u> , <u>denial</u> , <u>serenity</u> .
addict	A person who habitually or excessively <u>surrenders</u> to something other than a <u>Higher Power</u> to the point of not being able to conceive of life without it. See <u>clutterer</u> , <u>hoarder</u> .
addiction	The compulsion toward a destructive habit-forming substance or behavior, such as <u>cluttering</u> or <u>hoarding</u> .
admit	To acknowledge to myself and others that I have a problem that is beyond my control that affects others and me. To let others see my <u>clutter</u> . See <u>accept</u> , <u>denial</u> , <u>humility</u> , <u>sanity</u> , Step 1.
agnostic	A person who believes that the existence of <u>God</u> is unknown or unknowable. See <u>atheist</u> , <u>believe</u> , <u>Higher Power</u> .
amends	Willingly offered compensation for <u>harm</u> caused to others by my <u>clutter</u> and <u>defects of character</u> . Amends can be verbal, written, written-and-destroyed, monetary, acts-of-service, reparation-in-kind, or <u>living amends</u> . See Step 8, Step 9.
anonymity	The protection of CLA Members' identities and confidential information. See Step 5, Step 12.
assets	My positive characteristics (talents, good habits I can leverage, and virtues I have practiced), objects I have in reasonable supply, healthy relationships, and sanely scheduled activities that support me. My <u>Sponsor</u> or <u>Co-Sponsor</u> can help me determine what is reasonable, healthy, and sane. See <u>defects of character</u> , <u>inventory</u> .
atheist	A person who denies the existence of <u>God</u> . See <u>agnostic</u> , <u>believe</u> , <u>Higher Power</u> .

awareness	The consciousness of triggers, attitudes, behaviors, and consequences of my <u>cluttering</u> . Recognition of the presence of <u>God</u> . See Step 11.
believe	To accept as true the existence and benevolence of a <u>Higher Power</u> at work in my life as a force for <u>recovery</u> . See <u>agnostic</u> , <u>atheist</u> , <u>God</u> , Step 2, <u>trust</u> .
bookend	To talk with and be accountable to a <u>Buddy</u> before and after tackling a <u>recovery</u> -related task or project. (Source: <i>A Brief Guide</i> leaflet (blue).)
Buddy	A CLA Member who is my helpmate or accountability partner and hears my commitment to my daily plan or <u>recovery</u> project. See <u>Co-Sponsor</u> , <u>Sponsor</u> .
busywork	Unimportant or unproductive activity to avoid, escape, or improve my self-image. See <u>half measures</u> , <u>procrastination</u> .
carry the message	To show others through my actions, attitudes, <u>experience</u> , <u>strength</u> , and <u>hope</u> that <u>recovery</u> from <u>cluttering</u> is possible; to introduce others to the Clutterers Anonymous program; to practice <u>service</u> .
character defects	See <u>defects of character</u> .
clutter	“Clutter is anything we don’t need, want, or use that takes our time, energy or space, and destroys our serenity. It can be outgrown clothes, obsolete papers, broken toys, disliked gifts, meaningless activity, ancient <u>resentments</u> , or unsatisfying relationships.” (Source: <i>Recovery from Cluttering: The 12 Steps of Clutterers Anonymous</i> leaflet (yellow).) The hallmarks of clutter are excess, disorganization, and blocking. The five types of clutter are physical, time, relationship, mind, and <u>verbal clutter</u> .
clutter blindness	Living in my <u>clutter</u> to the point that I no longer see it; intellectually minimizing clutter and how it affects others and me. Due to daily exposure, the lost ability to see my clutter for what it is. See <u>denial</u> .

clutterer	“A person who struggles with having physical or nonphysical excess. Many clutterers may have difficulty with organization or have a tendency to <u>procrastinate</u> .” (Source: CLA online glossary.) A compulsive clutterer is an <u>addict</u> who has lost the power of choice in the matter of <u>clutter</u> . See <u>hoarder</u> .
cluttering	A compulsive activity of “creating or adding to physical or nonphysical <u>clutter</u> .” (Source: CLA online glossary.) It is often <u>shameful</u> , <u>secretive</u> , and <u>destructive</u> . See <u>hoarding</u> .
conscious contact	Occurs when I am awake, seeking and receiving messages or feelings from my <u>Higher Power</u> . See <u>meditation</u> , <u>prayer</u> , Step 11.
Co-Sponsor	A CLA program <u>Buddy</u> or peer with a comparable level of <u>recovery</u> . We work the Steps together and sponsor each other. See <u>Sponsor</u> .
decision	Complete commitment and action. <u>Half measures</u> avail us nothing. See Step 3.
decluttering	“Reducing or eliminating <u>clutter</u> .” (Source: CLA online glossary.) “Decluttering is not merely eliminating, but gradually transforming our space so that we surround ourselves only with things that express our purpose. It means turning something useless into something useful; creating more leisure and space; being more honest in our relationships; eliminating distractions and simplifying our lives in order to find our spiritual roots.” (Source: <i>Recovery from Cluttering: The 12 Steps of Clutterers Anonymous</i> leaflet (yellow).) See <u>bookend</u> , <u>Buddy</u> , <u>focusing</u> , <u>trust</u> .
defects of character	My bad personality traits and tendencies that keep me trapped in my cluttered home, over-stuffed schedule, and unsatisfying relationships. See <u>amends</u> , <u>assets</u> , <u>clutter blindness</u> , <u>denial</u> , <u>half measures</u> , <u>inventory</u> , <u>living amends</u> , <u>overscheduling</u> , <u>people-pleasing</u> , <u>procrastination</u> , <u>resentments</u> , <u>shortcomings</u> , Step 6, <u>verbal clutter</u> , <u>wrongs</u> .

denial	Rejection of the truth that I am a <u>clutterer</u> and rationalization about the severity of my problem with <u>cluttering</u> . Often pride, <u>fear</u> , greed, or rescuing underlie it. Probably the greatest impediment to <u>decluttering</u> . See <u>accept</u> , <u>admit</u> , <u>clutter blindness</u> , <u>humility</u> , <u>insanity</u> , <u>searching</u> .
entirely ready	Completely, 100% willing, with no reservations, exceptions, or conditions; no fingers crossed behind my back. See <u>decision</u> , <u>half measures</u> , <u>surrender</u> , <u>willingness</u> .
experience, strength, and hope (ESH)	Sharing my story, also known as <i>qualifying</i> . Tales of dysfunctional life before <u>recovery</u> and improvement during recovery, resources and lessons learned, and action plan and newfound optimism about the future. See <u>carry the message</u> .
fearlessness	Facing my demons no matter how much I am afraid; risking change. The necessary attitude to work my Step 4 successfully. Fearlessness comes from <u>trust</u> in my <u>Higher Power</u> and my Step partner. See <u>fears</u> , <u>inventory</u> , <u>searching</u> , Step 4.
fears	Concerns about danger, pain, threats, failure, success, etc. An impediment that prevents me from taking action on my <u>cluttering</u> and leads me to acquire new <u>clutter</u> , retain old clutter, create time and/or schedule pressures, and/or invest in unrewarding relationships. See <u>defects of character</u> , <u>denial</u> , <u>fearlessness</u> , <u>FOMO</u> , <u>trust</u> , <u>wrongs</u> .
focusing	Concentrating. The art of doing one thing at a time. See <u>meditation</u> .
FOMO	Fear of Missing Out. Experience greed. See <u>fear</u> , <u>overscheduling</u> .
forgive	To give up anger and <u>resentment</u> against myself, <u>God</u> , and others in order for me to move forward in my <u>recovery</u> . Receiving prior <u>amends</u> and offering reconciliation are not required. See <u>resentments</u> , Step 8, <u>willingness</u> . Step 4, Step 5, Step 8.

God	A personal supreme being or <u>Good Orderly Direction</u> . See <u>agnostic</u> , <u>atheist</u> , <u>believe</u> , <u>Higher Power</u> , Step 3, Step 5, Step 6, Step 7, Step 11, <u>trust</u> .
half measures	Incomplete commitments or actions borne of reservation, indecision, <u>denial</u> , or magical thinking. Support the excuse that I've done something. See <u>busywork</u> , <u>decision</u> , <u>entirely ready</u> , <u>procrastination</u> , <u>willingness</u> .
harm	Actual injury my <u>clutter</u> , <u>cluttering</u> behavior, and thoughtless <u>amends</u> have caused. It is righted by amends. See Step 8.
Higher Power	A Power greater than myself, such as <u>God</u> , the universe, my best self, Good Orderly Direction, Gift Of Desperation, the CLA Fellowship, or any source of strength or inspiration that can help me with my <u>clutter</u> through changing my thoughts, behaviors, emotions, beliefs, and actions. See <u>agnostic</u> , <u>atheist</u> , <u>believe</u> , <u>trust</u> .
hoarder	"A <u>clutterer</u> who excessively collects objects and/or animals, resulting in non-functional or unsafe living conditions for themselves or others." (Source: CLA online glossary.) See <u>addict</u> .
hoarding	A psychiatric disorder, defined in the <i>Diagnostic and Statistical Manual of Mental Disorders</i> , 5th Edition (DSM 5 Manual). "Excessive collection and retention of things until they interfere with personal effectiveness." (Source: CLA online glossary.) Feeling extreme emotional and physical pain at the thought of releasing items. Often results in piles, narrow pathways, unsanitary and dangerous homes, unmanageable number of animals, strained relationships, and isolation. See <u>cluttering</u> .
humility	Embracing my true attributes, neither shrinking nor inflating them. The antidote to <u>clutter blindness</u> and <u>denial</u> . See <u>admit</u> , <u>sanity</u> , Step 7.

insanity	Magical thinking characterized by 1) repeating a thought or action in the same manner and expecting different results, 2) relying on unlikely events to occur, or 3) ignoring reality. For example, acting as if fantasies are true regarding my finances, my time, my space, and the impact of <u>clutter</u> on me and others. See <u>awareness</u> , <u>clutter blindness</u> , <u>denial</u> , <u>sanity</u> , Step 2.
inventory	An exhaustive list used as a prerequisite to an action plan. In Step 4, I list character <u>assets</u> and defects, possessions, relationships, pets, activities, and conversations. In Step 8, I list people I have harmed. In Step 10, I take a personal inventory of my willfulness, emotions, time management, and harm inflicted. See <u>awareness</u> , <u>defects of character</u> , <u>fearlessness</u> , <u>harm</u> , <u>searching</u> , Step 4, Step 8, Step 10, <u>wrongs</u> .
living amends	The conscious and permanent overhauling of an aspect of my life or character to compensate for <u>harm</u> I caused. I replace dysfunction with honest and healthy behaviors, letting my actions speak louder than my words. See <u>amends</u> , <u>defects of character</u> , <u>humility</u> , <u>wrongs</u> .
maintenance	Ongoing healthy actions that safeguard my <u>recovery</u> and <u>clutter</u> -free areas. Results in freedom to pursue my life purpose. See <u>living amends</u> .
meditation	The practice of calming my monkey mind, relaxing, reflecting, and listening to my <u>Higher Power</u> with a heart receptive to love and guidance. Results in <u>serenity</u> , <u>acceptance</u> , and possibly a <u>spiritual awakening</u> . See <u>prayer</u> , Step 11.
overscheduling	A <u>defect of character</u> in which I have excessive commitments and activities, especially away from my home. Yielding to my Fear of Missing Out or experience greed, self-image, or <u>people-pleasing</u> . A method to distract myself from what is truly important and avoid <u>decluttering</u> , planning, resting, introspective thinking, and feeling. Results in time <u>clutter</u> . See <u>cluttering</u> , <u>FOMO</u> , <u>unmanageable</u> .

people-pleasing	Dishonest, manipulative set of behaviors (<u>defects of character</u>). Saying “Yes” when I want to say “No,” not speaking up, not asking for what I need, giving into others, or selling myself out. I rationalize that I’m being nice, not hurting or disappointing people. My actual goal is to avoid conflict and seek approval. See <u>awareness</u> , <u>fears</u> .
powerless	Inability to break my <u>addiction</u> to <u>clutter</u> alone, as the failure of all my past efforts shows. Relieved through a relationship with a <u>Higher Power</u> . See <u>admit</u> , <u>denial</u> , Step 1, <u>unmanageable</u> .
prayer	The practice of communicating with my <u>Higher Power</u> , through thoughts or words, asking for the next right action and to receive the power to do it, requesting help, giving thanks and praise. The Serenity Prayer helps me when I am baffled. See <u>God</u> , <u>meditation</u> , <u>spiritual awakening</u> , Step 11.
procrastination	A <u>defect of character</u> in which I habitually delay action that I could take now. It a form of avoidance due to anxiety, deliberate laziness, desire to punish, or lack of buy-in or urgency. Clinging to inaction. Results in stress, guilt, shame, and adrenaline highs. See <u>busywork</u> , <u>decision</u> , <u>entirely ready</u> , <u>fears</u> , <u>unmanageable</u> .
recovery	Ongoing improvement in physical, emotional, and spiritual health. Freedom from active <u>addiction</u> that lets me pursue my life’s purpose. Achieved by continuously working the 12 Steps with a <u>Sponsor</u> and maintaining <u>conscious contact</u> with my <u>Higher Power</u> . See <u>carry the message</u> ; <u>experience</u> , <u>strength</u> , and <u>hope</u> ; <u>restore</u> .
remove	To completely eliminate. <i>I</i> actively remove my <u>clutter</u> in all its forms, whereas <i>my Higher Power</i> removes my <u>shortcomings</u> . See <u>decision</u> , <u>decluttering</u> , <u>defects of character</u> , Step 7.

resentment	Lasting negative emotions due to feeling that I have suffered a wrong. A <u>defect of character</u> that blocks <u>amends</u> , compassion, and <u>recovery</u> . Relieved by forgiveness. See <u>forgive</u> , <u>wrongs</u> .
restore	To return to a state of wholeness. The action of my <u>Higher Power</u> in granting me the gift of <u>sanity</u> . See <u>recovery</u> , Step 2.
sanity	Rational thought and reasonable behavior. Only my <u>Higher Power</u> can <u>restore</u> me to sanity. Examples include: bringing home only items that I actually need; enjoying self-respect in my relationships; employing strategies that address and resolve my problems. See <u>awareness</u> , <u>denial</u> , <u>insanity</u> , <u>recovery</u> , <u>willingness</u> .
searching	Thorough, aimed at uncovering the truth about myself. Not holding back and kidding myself about the impact of <u>clutter</u> . The attitude necessary for inventories to be fruitful. See <u>assets</u> , <u>defects of character</u> , <u>denial</u> , <u>inventory</u> , Step 4, Step 8, Step 10.
serenity	Calm feeling of groundedness and <u>acceptance</u> . Results in clear thoughts and good decisions. A benefit of <u>recovery</u> . Also the name of the most common 12-Step prayer. See <u>meditation</u> , <u>spiritual awakening</u> .
service	Action that helps other <u>clutterers</u> or the Fellowship of CLA while enhancing my <u>recovery</u> . When grounded in <u>humility</u> and gratitude, service is a way to <u>carry the message</u> . See <u>busywork</u> , <u>people-pleasing</u> , Step 12.
shame	Feeling intensely embarrassed, flawed, or inadequate after being harshly judged because of <u>clutter</u> . Results in isolation, secrecy, and self-loathing. See <u>defects of character</u> , <u>fears</u> .
shortcomings	A <i>shortcoming</i> is a failure to meet a standard, whereas a <u>defect of character</u> is a personal flaw. In the 12 Steps, a <i>shortcoming</i> is a synonym for defect of character. See Step 7.

spiritual awakening	New and life-changing <u>awareness</u> of the loving presence of a <u>Higher Power</u> influencing my life. See <u>God</u> , <u>meditation</u> , Step 12, <u>trust</u> .
Sponsor	A CLA Member I choose to <u>trust</u> who suffers from my affliction, has understanding and compassion for our shared challenges, does not <u>shame</u> or judge me, protects my <u>anonymity</u> , models the <u>recovery</u> I seek, and helps me work the 12 Steps. My Sponsor gives to me and receives from me the gift of honest relationship, which fuels recovery for both of us. See <u>Buddy</u> , <u>Co-Sponsor</u> .
surrender	To <u>admit</u> defeat and stop fighting. To turn over to my <u>Higher Power</u> my control, <u>clutter</u> , obstacles, needs, and desires. See <u>entirely ready</u> , <u>half measures</u> , Step 3, Step 7, <u>trust</u> .
trust	Confidence 1) in the power and love of my <u>Higher Power</u> , 2) in the wisdom, benevolence, and confidentiality of my <u>Sponsor</u> , and 3) that with them, I can successfully face/overcome anything. Getting rid of the idea of keeping my <u>clutter</u> “just in case.” See <u>believe</u> , <u>fearlessness</u> , <u>fears</u> , <u>surrender</u> .
unmanageable	The pre- <u>recovery</u> state of my life in which it regularly produces failure, chaos, disruption, and unpleasant consequences. My life is reduced to crisis management and overwhelm. See <u>admit</u> , <u>insanity</u> , <u>shame</u> , Step 1.
verbal clutter	One of the five types of <u>clutter</u> . It consists of compulsively controlling conversations. I want to stay in control, block questions and criticism, fill silences, receive attention, and not leave room for the other person. Talkative behaviors can take the form of unnecessary detail, repetition, inappropriate reactivity, aggressiveness, confrontation, and lack of a point. See <u>defect of character</u> .

willingness	Openness and readiness to try something new, difficult or outside of my comfort zone. It requires <u>trust</u> and overcoming <u>fears</u> . See <u>decision</u> , <u>entirely ready</u> , <u>fearlessness</u> , <u>forgive</u> , <u>half measures</u> , <u>recovery</u> , Step 6, Step 8.
wrongs	Actions that originate in <u>insanity</u> and result in injustice, <u>harm</u> , or chaos. These misdeeds require <u>amends</u> . Wrongs can be: preferring objects over people, misdirected reactions, misplaced blame, using indirectness to express my emotions, losing or damaging objects in my care, and making my living space unusable. See <u>admit</u> , <u>defects of character</u> , <u>denial</u> , <u>inventory</u> , <u>procrastination</u> , <u>resentment</u> , Step 5.