

## Should I Hire a Professional Organizer or Work with a Friend? Tips to Help You Decide

If you are a person who experiences chronic disorganization (CD), you may have come to realize that the act of organizing is not something you do well when you are by yourself. Frequently, simply having another person in the room with you helps you to remain focused and continue organizing. Here are some questions to help you decide if that person should be a friend or a professional organizer.

### Working with a Friend

- Do you know what to do, but need a friend present who will sit quietly and keep you company?
- Is your friend patient and non-judgmental?
- Do you work well with your friend?
- Will your friend be objective and not try to impose her own idea of “being organized” on you?
- Does your friend have the time to see you through the project and not leave you with a mess?

If you answered “yes” to these questions, your friend might be able to help you get organized. Working with a friend may be especially helpful to complete an organizing project you have begun on your own or with the help of a professional organizer.

### Hiring a Professional Organizer

- Are you unsure as to where or how to begin organizing?
- Do you need to learn organizing systems and techniques?
- Do you have a deadline for completing your organizing project (such as a move)?
- Do you need the expertise of someone trained in helping people with CD?
- Are you dealing with medical, physical, and/or psychological issues in addition to disorganization?
- Will you need ongoing organizing assistance or maintenance?
- Do you need someone to help you organize large quantities of objects or papers?
- Do you want or need the objectivity of a neutral third-party?

If you answered “yes” to some or all of these questions, you will greatly benefit from the assistance of a professional organizer who is skilled in working with individuals who are chronically disorganized.