INSTITUTE FOR CHALLENGING DISORGANIZATION®
Education. Research. Strategies.

FACT SHEET QUIZ

Are You Affected by Chronic Disorganization?

Individuals experiencing challenges with physical/digital clutter or with time management across multiple periods of their lives may be affected by chronic disorganization (CD). The following quiz invites you to self-assess whether CD is affecting aspects of your life.

	Yes	No
1. Has getting organized been a challenge for you most of your adult life?		
2. Has being disorganized negatively affected your quality of life every day?		
3. Has disorganization persisted despite self-help attempts to get organized?		
4. Have you ever purchased or read at least one resource about organizing?		
5. Have you kept a lot of digital or printed information? (articles, files, books, etc.)		
6. Have you kept things in sight because "out of sight, out of mind?"		
7. Have you frequently lost things?		
8. Has it taken you more time that you wish to find things you needed?		
9. Have you had a variety of interests along with several unfinished tasks and projects?		
10. Have you over shopped or acquired things beyond need, usefulness, or enjoyment?		
11. Have you felt embarrassed because of the disorganization of your spaces?		
12. Has your furniture, floor, or surfaces been covered with random things?		
13. Has it been difficult to part with things even if they have outlived their usefulness?		
14. Have you collected or accumulated things you don't currently need or use?		
15. Have you been easily distracted or often lost track of time?		

There are many types and levels of disorganization related to paper, time, and possessions. Chronic disorganization (CD) persists over a long period of time, frequently undermines quality of life, and recurs despite repeated self-help attempts.

If you answered "yes" to numbers 1–3, you might be experiencing intense feelings of overwhelm. And if you answered "yes" to other questions, don't panic; you can explore further using the Clutter to Quality-of-Life Scale (CQLS), which was created through scientific research to assess the effects of clutter on your well-being.

Anyone can learn organizing strategies. There is hope! An ICD-educated professional in chronic disorganization can help you succeed where self-help falls short, saving you hours of wasted effort looking for the best solutions. Click here to find an ICD-educated professional and learn strategies that help.

Chronic disorganization may not go away, but it can get easier

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