INSTITUTE FOR CHALLENGING DISORGANIZATION®
Education. Research. Strategies.

FACT SHEET QUIZ

Characteristics of Individuals Affected by Chronic Disorganization

Check the boxes or circles to determine if you, someone you know, or a client may be affected by CD.

- ☐ Accumulate objects or documents beyond apparent necessity or pleasure
- ☐ Repeat purchases because they did not know where they were
- ☐ Wide range of interests and many uncompleted projects
- ☐ Need visual "clues" as reminders to take action
- ☐ Tend to be easily distracted or lose focus
- ☐ Often struggle with time management
- ☐ Difficulty parting with things and letting go

What It May Look Like at Home

- ○ Cluttered living areas
- ○ Stressful household environment
- ○ Zero or multiple household calendars in use
- ○ Missing important household documents
- ○ Difficulty in finding things
- ○ Multiple unfinished projects
- ○ Often leaving late for commitments
- ○ Difficulty completing household tasks
- ○ Trying to juggle many tasks at a time
- ○ Storage areas may be at full capacity
- ○ Additional storage space may have been rented or borrowed for surplus items.

What It May Look Like at Work

- ○ Work area in disarray or cluttered
- ○ Strained work environment
- ○ Often loses the planner or is ignored
- ○ Missing or misplaced papers or digital files
- ○ Difficulty in finding things
- ○ None/multiple filing systems in use
- ○ Tardiness or absence from work or meetings
- ○ Missed deadlines
- ○ Difficulty making decisions
- ○ Lack of clarity in giving instructions
- ○ Performance organizational issues identified on evaluations.

The checked boxes and circles indicate the probability that you, or someone you know, may be affected by chronic disorganization (CD). First and foremost, be patient! Learning everything you can about chronic disorganization will help. It takes time to learn new skills and strategies to thrive with CD. Individuals affected by CD are among the most creative and innovative people. Finding an ICD-educated professional will support progress.

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

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