INSTITUTE FOR CHALLENGING DISORGANIZATION®
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FACT SHEET QUIZ

Should I Hire an Organizing Professional or Work with a Friend?

Are you someone affected by **chronic disorganization (CD)**? You might have noticed that organizing isn't something you do well or easily on your own. Often, having someone else in the room with you helps you stay focused and continue organizing. Here are some questions to help you decide if you could work with a friend or hire an organizing professional.

Working with a Friend	Yes	No
Have you ever worked with your friend successfully in a different setting?		
Is your friend patient and non-judgmental?		
Will your friend stay objective without imposing their ideas of organization on you?		
Does your friend have the time to help finish the project, not leaving you with a mess?		
Do you know what to do but need a friend present to keep you company?		

If you answered yes to most of these questions, a friend could help you become more organized. Working with a friend may make it easier to complete an organizing project, or you might consider seeking assistance from an organizing professional.

Hiring an Organizing Professional	Yes	No
Are you unsure as to where or how to begin organizing?		
Do you need to learn organizing systems and techniques?		
Do you want or need the objectivity of a neutral third party?		
Do you need someone to help you organize large quantities of objects or papers?		
Do you experience any coexisting conditions or neurodiversity?		
Do you need the expertise of someone educated in helping people affected by CD?		
Is there a deadline for your organizing project, like a move?		
Will you require ongoing support or maintenance?		

If you answered "yes" to some or all of these questions, you would greatly benefit from the assistance of an organizing professional who is ICD-educated and skilled in working with individuals affected by chronic disorganization.

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

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