
Unclutter Visualization Form

Room: _____

A. Visualize this room with the clutter gone. Imagine cleared surfaces and floors, tabletops without piles, and uncluttered floors with only rugs and furniture. Don't think about where the things have gone; just imagine the room without clutter.

B. How uncomfortable did you feel while imagining this room without all the clutter? Use a scale from 0 to 100, where 0 = no discomfort and 100 = the most discomfort you have ever felt.

Initial Discomfort Rating: _____

C. What thoughts and feelings you were having while visualizing this room?

1.

2.

3.

D. Imagine what you can do in this room now that it is not cluttered. Picture how pleasant this room will feel when you have arranged it the way you want it. Describe your thoughts and feelings.

1.

2.

3.

E. How uncomfortable did you feel while imagining the room this way? (0 = no discomfort and 100 = the most discomfort you have ever felt)

Final Discomfort Rating: _____