



Southeast Florida ACA Intergroup is offering

HOW THE LAUNDRY LIST KEEPS US STUCK IN CLUTTER



WHEN: Sat., January 12 from 1:30-3:00pm

WHERE: First Unitarian Universalist Church, 635 Prosperity Farms Rd., North Palm Beach
(Located north of Northlake Blvd on west side) Look for blue church sign.

COST: There is no charge for this event, however, the basket will be passed

Our clutter causes us to be embarrassed, feel overwhelmed, magnifies procrastination and impedes our decision-making process when we are trying to let go of our stuff.

This workshop will show you how the laundry list characteristics contribute to your clutter and keep you trapped and unable to move forward in your life! Here are some examples:

We became isolated. Because we are too embarrassed to have people come into our cluttered homes, we don't spend time socializing and our shame causes us to isolate ourselves by burying, hiding, denying abandoning and betraying our True Self. (p. 2 Laundry List Trait Book)

We are addicted excitement/fear. We fear getting rid of something because we might need it someday and then it hangs around for years, unused. Or what happens if we get rid of it and need it next week? We fear making a mistake, so it's better to keep it than suffer the negative self-talk our critical parent will give us for tossing something that we now need.

As an "adult child," we respond to adult interactions (clutter) with the fear and self-doubt learned as children. In this workshop, we will learn to use the "solution" to reparent ourselves with gentleness, humor, love and respect and FINALLY stop beating ourselves up for having clutter and begin the process of becoming clutter-free.

The workshop is facilitated by Kathy A., a clutterer in recovery turned Professional Organizer and Organizer Coach.

For more info: Kathy A. 561.236.4298 Email: kathyandio@yahoo.com

This event is sponsored by the Southeast Florida ACA Intergroup.

Your Intergroup provides you with meeting lists, ACA website and literature discounts.

If you would like to keep up-to-date on Intergroup events, go to the website: www.seflaca.org and sign-in to "Follow" the blog.