

NSGCD Fact Sheet 3-03

Are you Chronically Disorganized?

A questionnaire to determine if you are Chronically Disorganized? Please answer the following questions yes or no.

	Yes/No
1. Has disorganization been a factor in your life for many years?	
2. Does your level of disorganization interfere with the quality of your daily life or negatively affect your relations with others?	
3. Has disorganization persisted despite self-help attempts to get organized?	
4. Do you own at least one organizing book?	
5. Are you an “info maniac” (saving many articles, newspapers or books you’ve read)?	
6. Do you suffer from “fear of filing”?	
7. Do you feel every paper must be kept in sight or you’ll never find it again?	
8. Do you lose or misplace papers and items despite keeping them out?	
9. Does your filing system cause difficulty in retrieval? ___	
10. Does it take you more than 3 minutes to find most papers in your office? ___	
11. Do you like to collect things?	
12. Are you a shop-a-holic?	
13. Do you accumulate possessions beyond apparent usefulness or pleasure?	
14. Does your disorganization cause you embarrassment or humiliation?	
15. Are your desk, floor and/or countertops covered in papers?	
16. Did you feel deprived as a child, either emotionally or materially ?	
17. Is it difficult for you to part with things even though they have outlived their usefulness?	
18. Do you consider yourself a packrat?	
19. Do you have a wide range of interests and several uncompleted tasks and projects?	
20. Do you find it difficult to stay focused or are you easily distracted?	
21. Do you tend to lose track of time?	

If you answered “yes” to numbers 1, 2 & 3, and some of the other questions, you could be chronically disorganized. Chronic disorganization is found at the extreme end of the continuum, differing from severely disorganized. CD is marked by its **longevity**, interference with quality of life and **resistance** to self-help **efforts**.

If you answered “yes” to several other questions, don’t panic. We have solutions. There are many types and levels of disorganization relating to the areas of paper, time and clutter management. Anyone can be taught to increase his/her level of organization. It is *never* hopeless. Professional organizers can help you succeed where self-help falls short, while saving you countless hours of effort trying to discover the most effective solutions for yourself.