

# Helping a Parent or Friend Declutter (Without Conflict)

A simple guide you can keep nearby

Helping someone declutter isn't about fixing their space.  
It's about keeping trust, dignity, and momentum.

You don't need to do everything.  
You just need to do the next right thing.

## The 13 Steps

### **1. Ask before you act**

"Would you like a hand?"

### **2. Keep the goal small**

One drawer. One shelf. One box.

### **3. Start where it's easiest**

Low-emotion items first.

### **4. Use small containers**

One surface or ten minutes.

### **5. Work alongside, not over**

You support. They decide.

### **6. Offer privacy when needed**

Some things are personal.

### **7. Use simple categories**

Keep · Donate · Recycle · Shred · Not Sure

### **8. Notice what's done**

Finished spaces matter.

### **9. Slow down when it's hard**

Pausing is progress.

### **10. Don't fix feelings**

"I'm here" is enough.

### **11. Respect what you don't understand**

If it matters to them, it matters.

## 12. End on something finished

Stop before exhaustion.

## 13. Leave them with ownership

Ask what comes next.

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## Remember

Small steps work.

Kind words matter.

Trust comes first.

Cleared space is the result.

Preserved relationships are the success.

♥ *Making Space for Your Life™*

Cathy Borg · Professional Organizer

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Find more support at [\*\*inandoutorganizing.ca\*\*](http://inandoutorganizing.ca)