

## Causes of Chronic Disorganization

Disorganization can be caused by many factors. Determining the cause(s) of one's disorganization and finding solutions to overcome it can be aided with the assistance of a professional organizer, particularly one trained in dealing with chronic disorganization.

<b>Neurologically-Based Conditions</b>	<b>Structural/Environmental Factors</b>	<b>Poor Developmental Skills</b>
<ul style="list-style-type: none"> <li>• Attention deficit hyperactivity disorder (AD/HD or ADD)</li> <li>• Traumatic brain injury (TBI)</li> <li>• Chronic fatigue syndrome</li> <li>• Multiple sclerosis (MS)</li> </ul>	<ul style="list-style-type: none"> <li>• Poor lighting</li> <li>• Lack of storage space</li> <li>• Awkward traffic flow</li> <li>• Unpleasant space</li> <li>• Limited space for necessary functions</li> </ul>	<ul style="list-style-type: none"> <li>• Never taught in school</li> <li>• Poor modeling by parents or guardians</li> </ul>
<b>Lifestyle Choices</b>	<b>Communication Problems</b>	<b>Systemic Factors</b>
<ul style="list-style-type: none"> <li>• Over scheduling</li> <li>• Too much stuff</li> <li>• No sense of mission</li> <li>• Not setting long-term goals and priorities</li> </ul>	<ul style="list-style-type: none"> <li>• Poor negotiation skills</li> <li>• Conflicting communication styles</li> <li>• Weak management, leadership, and delegation strategies</li> </ul>	<ul style="list-style-type: none"> <li>• No system</li> <li>• Ineffective system, such as one that is overly complex or too difficult to implement</li> </ul>
<b>Addictive Tendencies</b>	<b>Mental Health Issues</b>	<b>Difficulty Making Transitions</b>
<ul style="list-style-type: none"> <li>• Shopaholism</li> <li>• Affluenza</li> <li>• Collection addiction</li> <li>• Infomania</li> <li>• Urgency addiction</li> </ul>	<ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety disorder</li> <li>• Obsessive compulsive disorder (OCD)</li> <li>• Hoarding compulsion</li> </ul>	<ul style="list-style-type: none"> <li>• One or more moves</li> <li>• Birth or adoption of a child</li> <li>• Parents or adult children move in</li> <li>• Divorce or separation</li> </ul>
<b>Aging Issues</b>	<b>Beliefs and Attitudes</b>	<b>Physical Challenges</b>
<ul style="list-style-type: none"> <li>• Physical difficulties</li> <li>• Medications</li> <li>• Cognitive problems</li> </ul>	<ul style="list-style-type: none"> <li>• False beliefs such as: <i>I am a procrastinator, and that's the way I am!</i> <i>I'm a hopeless case.</i></li> </ul>	<ul style="list-style-type: none"> <li>• Mobility impairment</li> <li>• Fatigue</li> <li>• Poor vision</li> </ul>
<b>Learning Style</b>		
<ul style="list-style-type: none"> <li>• System not well suited to the individual's learning style or modality</li> </ul>	<b>Life/Grief Crisis</b>	<ul style="list-style-type: none"> <li>• Health emergency</li> <li>• Death of a loved one</li> <li>• Trauma</li> <li>• Job loss</li> </ul>