

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.

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