

## Are You Situationally Disorganized?

*A questionnaire to determine if you are Situationally Disorganized  
Answer the following questions yes or no.*

	Yes	No
1. Have you experienced a death of a loved one or family member within the last 6 months?		
2. Have you recently gone through a divorce?		
3. Is a parent/relative/friend who has started downsizing or is experiencing a life transition using your home as a storage facility either short- term or for an uncertain length of time?		
4. Have you changed jobs or careers several times within the past year?		
5. Has your spouse been forced to relocate because of job requirements, leaving the rest of the family to prepare the move, with little or no help?		
6. Have you recently moved to new location, had to begin a new job with no time to properly unpack and find suitable places for your possessions?		
7. Has a family member recently experienced a serious illness that occupies most of your waking hours, not permitting you to follow your previous routine that maintains order within your household?		
8. Has a parent who is unable to care for himself or herself had to move into your home, causing you to change your normal routine and consequently disrupting your everyday management schedule?		
9. Has a birth or adoption of a child upset the balance of your life more than expected?		
10. Has your company determined that you can use your home office for your projects, but you have underestimated your available space?		

Situational disorganization occurs when one finds oneself in clutter or chaos for a short period of time, resulting from an unusual turn of events or changes in your living arrangements. Professional organizers may be able to provide solutions, strategies, suggestions, resources and relief from your temporary disorganization.