Clutter Visualization Exercise

A.	Lool	k arour	nd the r	oom, n	oticing	the clut	ter. Tur	n slowly	so you	can se	e all of it
В.	How uncomfortable did you feel while looking around this room? Select number on the scale below:										
	0	I	2	3	4	5	6	7	8	9	IO
	no discomfort severe discomfort										ıfort
C.	What feelings were you having while looking around this room?										
	I										
	2										
	3										
D.	What thoughts or beliefs were you having while looking around this room?										
	1										
	2										
	3.										