

A.	Now visualize this room with the clutter gone (it might help to close your eyes
	when you do this). Imagine cleared surfaces and floors, tabletops without piles,
	and uncluttered floors with only rugs and furniture. For now, don't worry
	about where the things have gone; just imagine the room without clutter.

В.	How uncomfortable did you f	feel while	imagining	this	room	uncluttered?
	Select a number on the scale be	low:				

o I 2 3 4 5 6 7 8 9 10 no discomfort

C. What thoughts and feelings were you having while visualizing this room?

·, \_\_\_\_\_\_

3. \_\_\_\_\_

D. Imagine what you can do in this room now that it is not cluttered. Picture how pleasant this room will feel when you have arranged it the way you want it. Describe your thoughts and feelings.

I. \_\_\_\_\_

2.

3.\_\_\_\_\_

E. How uncomfortable did you feel while imagining the room this way? Use the scale below:

O I 2 3 4 5 6 7 8 9 10

no discomfort severe discomfort