

## Resource G. Bring Home or Let Go?

### Should I Bring This Home?

- Do I need it now or in the near future?
- Do I have others I could use instead?
- What makes this item special and unlike anything I already have?
- How would my life change without it?
- If I'm acquiring an item for someone else, have I asked first if the person wants it?
- Have I previously gotten things for other people and not delivered them?
- Can I find and give those items as gifts instead of buying more?
- As I rediscover items "too good to discard or donate," could I create a gift box or shelf that I can choose from next time I need a gift for someone?
- Does acquiring this item today move me closer or further away from my goal of taking back my life when my things are taking over?
- What is the best decision I can make today?

### Should I Let This Go?

- Do I love this? (If "yes" and you have an available permanent place where it would be used, *keep it*.)
- Is this item *me* going forward? Is this item *me* as I used to be? Am I better living in the present or staying in the past?
- Do I use this often? Could I get it elsewhere if I needed it, such as by borrowing, renting, sharing, or buying used?

- Am I keeping this because I miss someone and they liked it? Do I love it? If I donated it, would it comfort me if someone else who also loved it--as the person I miss did--had it, used it, and loved it?