



## The Truth about Downsizing: The Psychology of Letting Go

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Items I am now (or anticipate) struggling to let go (house, furnishings, household goods, jewelry, clothing, collections, etc.). Rate the item(s) on scale from 1 to 10 (1 - minor struggle to 10 - major struggle).

\_\_\_\_ Kitchen: \_\_\_\_\_

\_\_\_\_ Dining: \_\_\_\_\_

\_\_\_\_ Living: \_\_\_\_\_

\_\_\_\_ Bedrooms: \_\_\_\_\_

\_\_\_\_ Office/Study: \_\_\_\_\_

\_\_\_\_ Closets: \_\_\_\_\_

\_\_\_\_ Garage: \_\_\_\_\_

\_\_\_\_ Attic: \_\_\_\_\_

\_\_\_\_ Basement: \_\_\_\_\_

\_\_\_\_ Shed/Bldg: \_\_\_\_\_

\_\_\_\_ Other Storage: \_\_\_\_\_

\_\_\_\_ Other: \_\_\_\_\_

### What I anticipate missing most about my current home or residence:

1.

2.

3.

**Write down what these items represented to others. What meaning do they hold for you and where does that meaning originate?**

*Example: Grandma's china represents holiday family gatherings that were special. They represented special occasions and family coming together and originated when I was in grade school. It makes me think of my grandma, my mom, and my great aunts who always helped prepare the meals.*

**When you think about letting go of the items listed on the front page, what FEELINGS come to the surface? Write them down here.**

*Examples: When I think about letting go of my grandmother's china, I feel \_\_\_\_\_, a little sad, and very nostalgic. When I consider donating my ties, I realize my identity as a \_\_\_\_\_ no longer exists and it makes me feel \_\_\_\_\_.*

**If you were to have a conversation with the item (or the giver/maker of the item), what would you say to it (or them) as you let the item(s) go?**

*Example: Hello, china dishes. I really enjoyed my time with you as a kid. Now I use dishes that I can put in the dishwasher. This gives me more time with the grandkids. Ma, I know that you loved these dishes, but I also know that you would understand that I no longer need them. I sure miss you and the amazing meals you served on them!*

**Have a conversation with your home (or rooms or spaces). Tell it how much it meant to you and what you will miss as you move on to the next chapter of life.**

*Example: Hello picture window. I sure will miss the view of my birds outside each morning. I sure hope the new owners will love it as much as I did. I won't miss cleaning you, but I'll miss the views you have shared with me.*