

Conquer the Clutter Podcast for December 4th, 2024

To quote Judith, a Tindall PhD in peer power book, values are often the basis for how we live our lives; therefore, knowing our helping values is very important when we want to enter into a peer support relationship.

So, let's have a look at identifying our helping values rate yourself on the following I'm going to list possible values, and you add values that are important to you to the list to follow. Please rank one through 5 their importance. One is not very important, 5 is vitally important

	Not at all Important	Slightly Important	Important	Fairly Important	Vitally Important
	1	2	3	4	5
Family					
Friends In particular what kind of friends? What do you look for in a friend? What do you look for in someone you trust? How do you know when and how it's a					

<p>good idea to trust someone?</p>					
<p>Advancement</p> <p>In whatever you do whether it's work projects or clearing the clutter, how important is advancement to you?</p>					
<p>Spirituality</p> <p>Now I'm not talking religion necessarily, I'm talking in terms of what guides you.</p>					
<p>Meaningful work</p> <p>What makes work whether paid work or personal work like clearing clutter yeah what makes it meaningful to you how do you make it important enough that you actually devote time to it.</p>					
<p>Helping others</p> <p>What prompts you to want to help others what experiences have you had in the past helping others</p>					

<p>how did those experiences turn out having fun having fun</p>					
<p>Having fun</p> <p>When was the last time you can say you actually had fun? what were you doing how often do you do it what does having fun mean to you what does it give you</p>					
<p>Your health</p> <p>How is your health mental, physical mentally physically emotionally and spiritually? when was the last time you devoted time to improving any one of those areas of personal health</p>					
<p>Serenity</p> <p>The feeling of calm the feeling of order the feeling of peace and that areas of your life are meshing with each other to move you forward in the direction you want to go</p>					

Now please list other values that you have

Now that you've ticked the boxes of the ten of the nine that I listed and those that you added now write down how these values guide you in your everyday life

Now let's look at needs

The goal of this is to better understand your own needs as they apply to any peer helping relationship Allah clutter buddy

I'm going to read the following information about needs

to the left of the need as I read it if it is one of yours rate it one through 5 and put an axe beside all of the one through threes

Abraham Maslow, a well-known psychologist developed a theory regarding human needs and motivation that is helpful in understanding the motivating factors that affect human behavior and personality.

He presented these in a hierarchical fashion model of five categories in order of importance.

His theory states that one cannot move to a higher need until the lower needs have been satisfied.

The following are the needs as he presented them.

- **Physiological needs**

These needs are the lowest form and are directly related to survival and self-preservation. Primary survival needs include such things as the need for oxygen, food, water, rest, warmth, exercise, excretion, and avoidance of bodily harm. Maslow believed these needs are so important that a person can do or think of little else until they are satisfactorily met.

However, their importance diminishes as they become satisfied or are in a state of equilibrium when the next category of need in the hierarchy comes into play.

- **Safety needs**

These needs are related to physical and psychological security and reflect a desire to be safe from personal violence or harm as well as to avoid the unpredictable.

- **Love needs**

These needs are related to a desire for a sense of belonging and acceptance. Satisfaction involves both opportunities for giving and receiving love.

- **Esteem needs**

These needs go beyond love needs into a more active desire for recognition and self-esteem.

Maslow classified these into two subcategories:

- a) the desire for strength or achievement
- b) the desire for recognition, importance, and appreciation.

Satisfaction leads to self-confidence

- **Self-actualization needs**

These highest needs come into prominence after all the lower needs are met to a satisfactory degree. These include the need for a person to maximize their potential to reach the

peak of unique abilities and talents. Creativity, curiosity, ambition, and independence are all related to self-actualization. Unlike the house pet, which only strives to be well fed, warm, and cuddled, the human animal strives for much more, often taking forms of expression through creative or competitive efforts in the arts, sciences, asthma athletics, or religious life. There are other areas in one's life where we want to reach our peak of ability and self-actualize.

Maslow study talks about self-actualizing needs both as the individual's needs and as their families need because most people live in the context of some form of joining Allah a font family

each of us have a different level of need to be and to be seen as unique but we are

- Esteem needs are the following self-respect recognition self-esteem, stature, prestige & attention
- Love needs are the following: acceptance love, friendship, understanding.
- Safety needs are the following: structure, order, security, protection, freedom from fear
- Physiological needs are the following: food, water, warmth, as the lower-level needs are met higher levels come into play

Now the question is for each one of those what is your need how well is it being met and how does the level that you have

satisfied that need make you available for someone else ah in this peer relationship Allah clutter buddying or are one of these needs something that you require of your clutter buddy to at least accept the need is there whether there is any expectation that they will contribute positively to it or simply respect that it is a fact of your self

Now go back over the list and put a tick beside those needs that you hope will be met through your peer helping relationship Allah your clouded buddy

Do you have some idea of how your peer clutter buddy will be able might be able and willing to meet specific needs for you as you identify those needs for them

None of us comes into this world alone without some connection to someone or something let's for argument's sake call that our family

Let's look at the assets the benefits the strengths the positives that that connection we get from that connection

Generally

- Family support: Now we're going to look at support. Generally, in some way more or less family life has the potential to provide us with high levels of love and support. To what degree was that true for you is that an asset you can count on?
Rank your all over family support one to five, one being marvelous reliable steady dependable, up to five which

is largely not reliably available under support we also have

	<p>Marvelous</p> <p>Highly Reliable, Steady and Dependable.</p> <p>Always there for you with full support and commitment</p>	<p>Supportive</p> <p>Generally Reliable, though may occasionally be less available or inconsistent . Still, there is a strong foundation of trust and support</p>	<p>Somewhat Reliable</p> <p>Sometimes dependable, but there are noticeable gaps in reliability or support. They may be there when needed but not always.</p>	<p>Unpredictable</p> <p>Largely unreliable. Support is sporadic</p>	<p>Largely Not Reliable</p> <p>Minimal or no support or availability.</p>
	1	2	3	4	5
Family Support					

- Positive Family Communication: To what degree do you and your parents communicate positively or did you if they're not with you to what degree were you or are you still willing to seek advice and counsel from your parents who were your primary attachment figures

	Excellent Communication	Good	Average	Poor	Very Poor
		Generally Positive, Occasional	Inconsistent, Occasional strain or	Frequent Misunderstand	Rare or negative communication

	Consistent, open, respectful and positive communication	misunderstandings.	miscommunication.	ing, lack of openness.	, frequent conflict.
	1	2	3	4	5
Positive Family Communication					

- Are there other adult relationships where you receive support from how many of those relationships can you count on
- Do you live in an area like a neighborhood? Do you have a positive caring experience with others you live in close proximity to?
- Caring school climate now some of us have to look back away but let's do it did school provide us with a caring encouraging supportive environment to what degree
- Parental involvement in schooling to what degree did your parent or parents actively involve themselves in helping you succeed in school?

- How about community values the community you grew up in? Did you perceive that the adults in the community valued you and other youth?
- In your younger years, were you seen and treated as a resource given useful roles at home or in your community?
- What was the opportunity to provide service to others and learn how to contribute to another's opportunity and support? If you did have the opportunity to provide service to others, what form did it take and how long did you do it did you provide it?
- Now let's look at safety as a youth, did you feel safe at home? At school? In your neighborhood?
- Did your family teach you boundaries? Were there clear rules and consequences that helped you monitor yourself no matter where you were throughout the day?
- Same for school, were there school boundaries that provided clear rules and consequences? How did you do with those boundaries and limits? How well do you do today with boundaries and limits setting them and respecting other's boundaries?

- Were there boundaries set for the neighborhood? Did neighbors take responsibility for monitoring the young people you as a young person to be a safety monitor to be a needs monitor to be a guiding celebrating with you when you had successes or others had successes did your neighborhood in a realistic way support its members and teach you how to do the same?
- Adult role models in your life your younger life did your parents and other adults' model positive responsible behavior? To what degree could you count on it as a given? How do you handle a lack of predictability as an adult?
- Growing up did you have a positive peer influence did you have best friends who were they what were they like what were their qualities what did you enjoy the most and the least about the relationships you had with them did they model responsible behavior as a peer? Because this is some of what we will draw on as we connect with our clutter buddy, and we need to be aware of where we're coming from and what we're bringing with us?
- Now let's talk about high expectations do you have them growing up did your parents and teachers encourage you as a young person that was good enough to do well or did you have to excel, and did you feel the pressure of that

like somehow if you didn't manage to perform well enough you mattered less? Do you carry that pressure with you today? Is there any chance that you have that expectation of whoever will be your clutter buddy? Is good enough good enough? Can you be satisfied with that if you nodded yes is it true that you can be satisfied with that well and truly satisfied?

- How much do you love creative activities how much do you crave them as a young youngster did you engage in any extracurricular activities like music theatre athletics? How driven were you or was being part of a group and doing well enough satisfying and rewarding or did you need to win, and did you mourn and grieve if you lost? Is there any part of you that still does either one of those things depending on where you are on the scale of success or needs to work seriously?
- As a youth what was your involvement in clubs and organizations whether at school or outside of school in the community do you know how to function and participate appropriately as a team member or are you an individual performer you don't like to be held back by others? Look at that seriously because you and your clutter buddy will be a team. Are you ready to give and take?

- Now let's look at community through the eyes of faith. Do you have any particular values, beliefs, limitations requirements of yourself and or others that relate to religious beliefs you have? How much does the other person in a clutter body peer relationship need to fit significantly within those parameters for you to feel like you are with someone like yourself you have something in common with them and you can appreciate and respect their viewpoints as well so long as their viewpoints are healthy and productive?
- Time at home how much are you at home body or are you a social butterfly or a busy organizer? How important is it for you that you return home to a perfect place that meets a dream you have but has eluded you up until now? This question is really about how satisfied you will be how much are you able to be satisfied with less than perfect but good enough in yourself and in the other person as a peer relationship clutter buddy?

How did you rate yourself in these twenty external asset elements?

- Is there any work we need to do together to bring the people who want a clutter buddy into a state relative to any of these external assets before you commence choosing a clutter buddy?

- Who is ready and who would like to do a little further work to be ready, willing and able? I'd like you to enter your thoughts about you yourself in the chat box and I will look at that after the podcast and I will figure out what our next installment needs to be so that hopefully within two installments of podcasts we can have everybody ready and figure out a way to begin choosing a clutter buddy.