

NSGCD Fact Sheet

Causes of Chronic Disorganization

Disorganization can be caused by many factors. Determining the cause(s) of one's disorganization and finding solutions to overcoming it can be aided with the assistance of a professional organizer, particularly one trained in dealing with chronic disorganization.

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| Neurologically-Based Conditions | Structural/Environmental Factors | Poor Developmental Skills |
| <ul style="list-style-type: none"> • Attention deficit hyperactivity disorder (AD/HD or ADD) • Traumatic brain injury (TBI) • Chronic fatigue syndrome • Multiple sclerosis (MS) | <ul style="list-style-type: none"> • Poor lighting • Lack of storage space • Awkward traffic flow • Unpleasant space • Limited space for necessary functions | <ul style="list-style-type: none"> • Never taught in school • Poor modeling by parents or guardians |
| Lifestyle Choices | Communication Problems | Systemic Factors |
| <ul style="list-style-type: none"> • Over scheduling • Too much stuff • No sense of mission • Not setting long-term goals and priorities | <ul style="list-style-type: none"> • Poor negotiation skills • Conflicting communication styles • Weak management, leadership, and delegation strategies | <ul style="list-style-type: none"> • No system • Ineffective system, such as one that is overly complex or too difficult to implement |
| Addictive Tendencies | Mental Health Issues | Difficulty in making Transitions |
| <ul style="list-style-type: none"> • Shop-a-holism • Affluenza • Collection addiction • Infomania • Urgency addiction | <ul style="list-style-type: none"> • Depression • Anxiety disorder • Obsessive Compulsive Disorder (OCD) • Hoarding compulsion | <ul style="list-style-type: none"> • One or more moves • Birth or adoption of a child • Parents or adult children move in • Divorce or separation |
| Aging Issues | Beliefs and Attitudes | Physical Challenges |
| <ul style="list-style-type: none"> • Physical difficulties • Medications • Cognitive problems | <ul style="list-style-type: none"> • False beliefs such as: <i>I am a procrastinator; and that's the way I am!</i> • <i>I'm a hopeless case</i> | <ul style="list-style-type: none"> • Mobility impairment • Fatigue • Poor vision |
| Learning Style | | Life/Grief Crisis |
| <ul style="list-style-type: none"> • System not well suited to the individual's learning style or modality | | <ul style="list-style-type: none"> • Health emergency • Death of a loved one • Trauma • Job loss |