



# **Get-Started Quiz: See If You're Ready To Begin**

By Julie Martella

Navigating  Widowhood

**Answer yes or no for each of the following questions with regards to your possessions.**

1. Are you in a place where you need to downsize?
2. Are you starting to feel smothered by your stuff?
3. Are you starting to feel like you live in a prison?
4. Do you feel unable to move forward with the new part of your life?
5. Is it keeping you locked in the past?
6. Are you unable to have new experiences and begin new relationships because of it?
7. Does looking at all of the things in your home leave you mentally exhausted?
8. Do you want to leave your home because of the stuff?
9. Do you struggle with knowing where to start dealing with your possessions?
10. Are you overwhelmed before you even begin?
11. Do waves of grief leave you paralyzed in the sorting and decluttering process?
12. Do you struggle with guilt about getting rid of your loved one's possessions?
13. Do you have family members interfering with your process?

**If you answered YES to any of these questions, you may be ready to start the process of integrating your loss into your new life. How ready are you?**

1-3: You are entertaining the thought that says, “I may need to do something with all of this stuff.” That’s perfectly fine. You may want to spend some time thinking about how your life would feel if you dealt with the possessions in your home.

4-8: You have probably been living with a low level of angst or anxiety regarding the “stuff” and are probably ready AND OPEN to coming up with a plan to deal with it. You are ready to declutter and possibly build bridges to your new life.

9-13: You are definitely ready to work on “the stuff!” Your current situation is probably overwhelming you, and you have reached a place where you are ready and open AND WILLING TO DO THE WORK of integrating your past, present and future.

# Navigating Widowhood

Organizing Life After Loss

Want to learn more?

Drop me a line

[julie@navigatingwidowhood.com](mailto:julie@navigatingwidowhood.com)