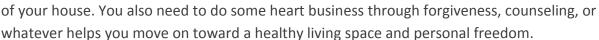
## QUESTIONS TO ASK ABOUT YOUR CLOTHING

- Are you still able to wear it? Do you?
- Do you love it? Hate it?
- Is it pilled, faded, stained, stretched out? Look closely and be honest.
- Does it embarrass you? You're not wearing it because...?
- Does it produce negative emotions when you see
  it? It makes you feel anger, shame, a sense of
  failure, resentment, bitterness, annoyance, hatred.
  These are all signs that you need to get the item out



- Does it fit your clothing storage—closet or dresser?
- **Does it reflect your spirit/style/personality and frame you well?** Is it complimentary to your figure, coloring? Easy to move and groove in?
- Is a specific memory attached to the keepsake garment? If not, you may want to reserve room for the more significant keepsakes with more vivid stories.
- Is the keepsake garment taking up living space or storage that you need for everyday life?
- Does the keepsake fulfill a useful function in your wardrobe? Does it "earn its keep"?
- Does the garment represent one of *your* memories or is it someone else's keepsake that doesn't have genuine significance to you? Perhaps you made a promise to someone, or your family projected their value for the treasure onto you? Are you okay with that?
- Does the keepsake garment in great condition? Still has all its parts?
- If the garment is decaying and falling apart, is there a swatch or sample you could keep? Even a button or label can serve to keep the memory.
- What will cost you more... keeping it or getting rid of it?
- Does it honor a friend or family when you wear it/keep it?
- Does it inspire you?
- Does it bring you inspiration, joy, or beauty?
- Do you have time, room, energy, and resources for its care? You may now, but it may change later.





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