

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 of your house. You also need to do some heart business through forgiveness, counseling, or whatever helps you move on toward a healthy living space and personal freedom.
- **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.

