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[From Clutter to Clarity - Kerry Thomas](#)

Choose the best option:

1. When you feel overwhelmed, you feel
 - a) there is too much for you to manage
 - b) excited about something
 - c) nervous and stressed

2. Why do we fill our life with stuff?
 - a) we think we need things to feel safe
 - b) we like good quality things
 - c) we believe the more we have, the happier we will be

Complete:

- | Kinds of clutter | Example: |
|------------------|----------|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |

Complete the sentence:

Clutter is that you from the life you to

Match the definitions with the verbs used in the sentences.

1. When I asked her **to elaborate**, she **brought up** words like shame, failure, fear and isolation.
2. I try not **to clutter** my mind with useless information.
3. Clutter can be those physical things that **clog up** our homes.
4. We were **stuck** in the lift for over an hour.
5. We **postpone** our decision to declutter.

elaborate **bring up** **clutter** **clog up** **(be) stuck** **postpone**

unable to move

to become blocked

to start to talk about a particular subject

to delay a plan or an event to a later date

to add more information to or explain something that you have said

to fill something in an untidy or badly organized way