## Saving Myself from the Things I Saved: Narrative Appraisal

**Presented by Lee Shuer, CPS lee@mutual-support.com www.mutual-support.com**

1. Please begin by making a list of the categories of items you own. (Examples of categories could include books, art supplies, tools, model trains, t-shirts, holiday décor, or sentimental items from a special person. If you need more space for categories, enter them on the back of this page at the top.

_____ _____ _____

_____ _____ _____

_____ _____ _____

2. Choose an item that you own, this is the item that you'll describe. _____
3. Which category does this item belong to? _____
4. How and when did you acquire it? _____

   _____
5. What makes it special to you? _____

   _____

   _____
6. How does it make you feel to own it? _____
7. What does this item say about you? _____

   _____
8. Does it represent the person you want to be today? _____
9. Does it represent the person you want to be in the future? _____
10. If you let this item go, how do you think you'll feel? _____
11. Compared to other items in this category, how does it rate in value or importance to you? This answer will help you prioritize whether you keep it or let it go. _____
12. Enter your meta question* here: _____
13. What's the answer when you ask your meta question about this item? _____

    Repeat this exercise with other items from the same category until it becomes clear which items are important enough to *you* to share the space you have available. You may find it useful to write your answers in the beginning, though in my experience the system becomes automatic with practice. You'll know the answer before you ask the questions. Consider conducting Narrative Appraisals of entire categories. That's when things REALLY start to change!

*A meta question applies to any item, whether you already own it or not. Mine is, "Does this belong in my home?"

© 2026 Lee Shuer You may copy and share this document. Email lee@mutual-support.com with feedback or ideas

1. Please begin by making a list of the categories of items you own. (Examples of categories could include books, art supplies, tools, model trains, t-shirts, holiday décor, or sentimental items from a certain person. If you need more space for categories, enter them on the back of this page at the top.

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

2. Choose an item that you own, this is the item that you'll describe. _____
3. Which category does this item belong to? _____
4. How and when did you acquire it? _____

   _____
5. What makes it special to you? _____

   _____

   _____
6. How does it make you feel to own it? _____
7. What does this item say about you? _____

   _____
8. Does it represent the person you want to be today? _____
9. Does it represent the person you want to be in the future? _____
10. If you let this item go, how do you think you'll feel? _____
11. Compared to other items in this category, how does it rate in value or importance to you? This answer will help you prioritize whether you keep it or let it go. _____
12. Enter your meta question here: _____
13. What's the answer when you ask your meta question about this item? _____

_____

Notes: _____

_____

_____

© 2026 Lee Shuer You may copy and share this document. Email lee@mutual-support.com with feedback or ideas