



## 5 TIPS FOR CLEANING OUT YOUR LOVED ONE'S CLOSET

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Cleaning out a deceased loved one's closet can be a difficult and emotional task. It can be yet another painful reminder of the person's absence and is likely to bring up a range of emotions.

However, this impossible-feeling task may actually help with closure and help you to take a few steps forward in your post-loss life.

Maybe you're ready to let go of a few items. Maybe you're moving. Or maybe you'd just like a little more space in your home.

Whatever the reason, here are 5 tips to help make the process just a little bit easier.



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1. **Wait until you're ready.** You may feel pressure from those around you to remove your loved one's belongings before you're ready. But remember, there is no right or wrong time, only what feels best for you. That being said, it's important to remember that the "stuff" doesn't represent the love you had. And removing the stuff in no way removes the love.

2. **Phone a friend.** Think about what type of support you may need. Want someone to pour you wine and pick out the music? Need someone to encourage you to get rid of the ratty pair of socks that you just can't let go of? Want to handle it solo but need someone on call "just in case" of a meltdown? Think about what type of support is most helpful and have that person on call. (Word of warning: be careful of those who feel attached to the person you lost. While their intentions are more than likely pure, they may find themselves attached to certain items or adding unintentional guilt to hold on to things based on their own feelings. Go to tip 3 to help with this)



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**3. Delegate certain items to friends and family.** You're not the only one missing your person. Consider putting aside a pile of items to give to those closest to your loved one. Sometimes it's easier to give items away to people we know will appreciate them vs. donating them completely. Before you do the full clean-out, set aside certain items you are comfortable parting with and offer them up to those who may want them.

**4. Hang on to the giveaway pile before you immediately donate.** Marie Kondo may disagree but we aren't deciding if a dress from the 90s still sparks joy. More than likely every item is difficult to let go of. Accept that up front and decide to hang on to the donation pile for a month before letting go. This extra step makes it easier to gauge what is truly meaningful and what heads to the donation pile. If you're still thinking about an item, pull it out. No guilt here.

**5. Don't rush the process.** This can be an overwhelming task and can be both emotionally and physically exhausting, so giving yourself plenty of time is crucial. Consider tackling one small section at a time over the course of several days. Walk away and take breaks as needed.



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