DAN, SHA, RI

GET RID OF THE BOTHER & FREE UP YOUR LIFE

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Dan/Sha/Ri

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Preface

First of all I have to thanks to my mother and my roommates never bother me to clean my clutter room, and still live with me. This project start from my personal habits and behaviors, I give my hearty thanks to thesis mentor Jan van Boeckel, professor Dora Ísleifsdóttir and my design mentor Thomas Pausz lead me to see the big social context and their honest advises.

Abstract

A cluttered room is indicative of a symptomatic phenomenon within our modern society: with excessive consumption, information overload and procrastination. Clutter is a result of the imbalance between our shopping items and storage spaces, while most cluttering people don't realize that the main problem arises from their over possession or over purchasing products for their house, but it is not a reflection on their organizational skills. The different personalities and characteristics of people often lead to a different result, in regard to clutter. The existing furniture is most suitable for people who will organize their space using their own initiative. However, clutter people have different personal thoughts and behavior, which affect their actions. I wanted to focus on clutter population, who are generally ignored in this particular area of study. This project emphasizes the importance of circulation within a given or select space. The result is that a number of concept furniture designs might be based as a hypothesis, which postulates a possible solution to the problem of discarding unnecessary items; therefore, allowing for a clean and tidy room.

Keywords: clutter, disorganization, furniture design, animation

Content

Introduction

This subject is near and dear to my heart, as I grew up in a family that accumulates a great deal of real quality clutter, because the rooms were so disorganized and cluttered most of the time. It was only cleaned and organized when the family had visitors, even though I had my own personal room, my parents still regarded it as a storage area, because they always stored the messy items in my room "temporarily". The clutter became an inseparable part of my life, but I still haven't faced up to this problem, as I suppose that I am just too lazy to care anymore. Since I have many other things to do in my life, I suppose that I just don't have time to clean up my room until it becomes absolutely intolerable. Even though I clean the room on occasion, it will inevitably become extremely cluttered very soon after I have sorted it out. Sometimes my friend and I even take pictures of our messy room to share and compare with each other just for fun. But then, I sincerely have to ask myself, why I have lived most of my life in a pigsty? Is there any way or special formula to abate this problem of my room continually becoming a total and filthy mess?

Clutter means having an excessive number of items in the home or workplace; with some excessive items being those which aren't needed or wanted. During my research, I found that clutter is a superficial phenomenon, which is related to the problem of excessive consumption; researchers at U.C.L.A. observed 32 middle-class Los Angeles families and determined that all of the mothers' stress hormones spiked during the time they spent dealing with their family's belongings. Seventy-five percent of the families involved in the study couldn't park their cars in their garages, because they were too jammed with things.[1] And Hideko Yamashita , a popular Japanese writer and speaker, postulated the theory of Danshari, which is, if you throw away unnecessary stuff around you, you'll get more room, time and energy around you, which will allow people to think about one question: Do I need this possession in the present time? She also presented a theory, that we just need 20% of our stuff in order to live life and 80% of our possessions are redundant. [2]

This research is a journey to identify and determine the root cause of clutter. Lynda Warren, a San Bernardino, California psychologist, describes "clutterers" as "people who have an enormous problem making decisions, and can't stay focused." People who are struggling to make decisions and confused about deciding what they need now, but not later or the past, leads to the stuffs piling up. [3]What happens

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[1] Jeanne E Arnold, *Life at Home in the Twenty-First Century,* (Los Angeles: Cotsen Institute of Archaeology Press, 2012), 12.

[2] 山下英子, 断舍离, (中国: 广西科技出版社, 2013), 85.

[3] 山下英子, 断舍离，63.

when a design intervention tries to address this area of concern? Can a cluttering person's thoughts and feelings be improved by designing suitable furniture in order to organize or remove the clutter?

1. About Disorganization

I started from the clutter of my room, discovering the source of the problem, trying to clear the concept clarity, looking for the the existing definition of disorganization, extracting the clutterer's traits from different books, and also interviewing some of my friend who have the clutter problem. And what is disorganization? Disorganization can be defined as "having excessive numbers of items in the home or workplace. The excessive items include ones that aren't needed or wanted."[4] It also can detailed description as unsorted pile of junk mail, bills, and "things that might be important" that are spilling off the coffee table, If it's hanging around, getting in your way, not quite in your life and not quite out of it, it's dis-organization.[5] NSGCD - the National Study Group on Chronic Disorganization which from America defined disorganization in two ways, one is situationally disorganized, the other one is chronic disorganization.

1.1.1 Situationally Disorganized

Situationally disorganized which happens to most people, when people themselves or family member become ill, or have a ridiculous deadline. Disorganization that is the normal result of grief, illness, having children, and other life events, transitions, and changes.[6] Ariane Benefit who is the specialist in decluttering of NSGCD said, "disorganization is a normal side effect of a life situation."[7]

1.1.2 Chronic Disorganization

But Chronic Disorganization (CD) is different from being situationally disorganized. Judith Kolberg, who coined the term of Chronic disorganization, is also the founder of NSGCD. She noticed that the traditional organizing methods were not easy working on her clients. Chronic disorganization people have a persis-

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[4] Beverly E. Taylor, *Clutter to Clarity* (California: Easy Key to Life Institute 2004), 10.

[5] R.S. Weinstein, "ADD & Organizing Your Dis-Organization," The Behavioral Futures Group, accessed December 8, 2014, http:// www.addcentre.co.uk/addclutter.htm.

[6] Ariane Benefit, "The Truth about Chronic Disorganization: What Causes It and How to Heal the Trauma of Lifelong Overwhelm and Frustration," Agilizen, accessed December 12, 2014, http://arianebenefit.com/blog/2011/10/19/truth-about-chronic-disorganization-understanding-what-causes-chronic-disorganization-and-how-to-heal-the-trauma-of-lifelong-disorganization-overwhelm-and-frustration/.

[7] Benefit, "The Truth."

tent problem with disorganization.[8] The Institute for Challenging Disorganization (ICD) also from America defines chronic disorganization having three consequences:

1. A history of disorganization in which efforts to get organized have not been maintained
2. An ongoing undermining of your current quality of life due to disorganization.
3. An expectation that you will continue to be disorganized.

If your quality of life is suffering, and you are feeling stressed and overwhelmed much of the time, and you don't feel like you can fix it yourself, you are likely to be stuck in a pattern of being chronic disorganization.[9]

1.2 The Impact of Disorganization

What will happen if a person disorganized? It will affect people's physical and mental health which I found from some references. But still have positive side, "people with messy desks as having a high affinity for creative reasoning."[10]

Physical Impact

Clutter contributes to poor air quality in the home. "More stuff around the house means more surfaces to collect dust, pet dander and also is a hotbed for cockroaches. The presence of clutter makes it hard to clean the home and get rid of dust." Nelson said who working on the battle for the clutter so many years. "The dust associated with clutter contains endotoxins that are substances shed by bacteria. Endotoxin in the home is related to higher rates of asthma. Toxins produced by the bacteria may trigger asthma symptoms whether the person suffers from asthma or allergies or not. Other factors such as how long and when a person is exposed to bacterial toxin as well as genetic factors may contribute to the development of asthma."[11] According to the Environmental Protection Agency: "Indoor air pollution is America's number one environmental health concern. Fifty percent (50%) of illness is caused by indoor air pollution."[12]

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[8] Judith Kolberg, *Conquering Chronic Disorganization* (United State: Squall Press, June 1, 2007), 27.

[9] Benefit, "The Truth."

[10] http://www.bodymindsoulspirit.com/the-psychology-behind-messy-rooms-why-the-most-creative-people-flourish-in-clutter/#

[11] Mike Nelson, *Stop Clutter From Stealing Your Life*, (United States: Career Press, Incorporated, 2008), 10.

[12] Kingston, *Clutter and asthma*, Warning Signs of Asthma Revise: 102908 public health Seattle and king county.

Mental Impact

Each and every day, chronic disorganization belittles one's quality of life, it can threaten job security, injure relationships, and lead to lower self-esteem.[13] And disorganized environment result in people feeling lack of energy. The effects of a lack of energy include:

- loss of memory.

- trouble focusing.

- lack of creativity.

- slower reaction time.

- poor decision-making ability.

- lack of sex drive.

- irritability (there may be some correlation between the last two). [14]

Relationships are highly affected by clutter. In my family, my parents and sister often have a quarrel over clutter, this kind of conflict almost happen every week and never stop. Beverly said that there are complex dynamics in relationships, and clutter is mixed up within those dynamics.

Clutter and Creative

"If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign?" Albert Einstein once famously asked. A recent study by psychologist Kathleen Vohs, at the University of Minnesota, tested the effects of different kinds of working environments on human behavior. In one of her experiment, participants, some working in neat rooms and some working in messy rooms, were asked to come up with alternative uses for ping pong balls. Participants in both rooms came up with equal numbers of ideas, on average, but those of the participants in the messy room were evaluated by impartial judges as being more interesting and creative.[15]

1.2.1 Neurodiversity

Neurodiversity is the diversity of human brains and minds – the infinite variation in neurocognitive functioning within our species.[16] Why there are some people don't want to spent their energy and time on clean and organize their room? Kolberg defined chronic disorganization is a behavior pattern not a dis-

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[13] Kolberg, *Conquering Chronic Disorganization, 56.*

[14] Lee Silber, *Time Management for the Creative Person: Right-Brain Strategies for Stopping Procrastination, Getting Control of the Clock and Calendar, and Freeing Up Your Time and Your Life,* (New York: Crown Publishing Group, 2010), 91.

[15] http://www.apartmenttherapy.com/your-messy-room-might-be-the-sign-of-a-brilliant-mind-218287?utm_source=facebook&utm_medium=social&utm_campaign=managed

[16] Neurodiversity: Some Basic Terms & definitionshttp://neurocosmopolitanism.com/neurodiversity-some-basic-terms-definitions/

ease. It is found in all kinds of people.[17] Different personality characteristics, traits and thinking style are also associated with chronic disorganization.[18] Sandra Felton concluded the way to look at clutter people in very short keywords in her book *The New Messies Manual* [19]:

- be too perfect

- do too much

- know too much

- take care of too many people

- have too many interests

- enjoy too much

- remember too much

- save things in case "somebody might need it someday."

From the keywords above, we can found some the traits of neurodiverse. This kind of people "think differently from the average person."This group looking for the personal satisfaction from challenge the current situation and lead unconventional lives. They are people that the majority of other people don't or can't understand easily.[20] For example the messy desk piles of clutter could actually be a "highly effective prioritizing and accessing system" that quickly sorts items according to their importance. Because "they are addicted to Insight" which was coined by Chris Fields, a multidisciplinary scientist, researcher and synthesizer.[21] This kind of people can experience a rush of endorphins when they get deep understanding or insight. They are addicted in learning, discovering, and finding answer. They have to "focus and engage so intensely that they may forget to eat and / or attend to daily life maintenance like shopping, cleaning and organizing". They are "tendency to lose track of time".[22]

"This does not mean they are disordered – it's more like they pursue order differently. While others seek stability to create order, they need agility to create order in their lives."[23]

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[17] Kolberg, *Conquering Chronic Disorganization, 9.*

[18] Benefit, "The Truth."

[19] Sandra Felton, *The Messies Manual: The Procrastinator's Guide to Good Housekeeping,* (Fleming H. Revell, April, 2000), 32.

[20] Benefit, "The Truth."

[21] Eric Abrahamson and David H. Freedman, *A Perfect Mess: The Hidden Benefits of Disorder,* (London: Hachette UK, 2013, 80).

[22] Benefit, "The Truth."

[23] Benefit, "The Truth."

2. Research Findings and Interview

Before looking for the creative order for clutterer, I need to know their behavior and mentally traits. The most detailed book I found is Mike Nelson's *Stop Clutter From Stealing Your Life,* which was classified in the self-improvement. All the conclusions collected from the his costumers and himself. And I extracted some of his researches and also other books, after that I interviewed some of my friends to use as research findings.

2.1 Common Clutterer Traits

"Clutterers clutter not because they don't know how to organize," Mike Nelson mentions in his book *Stop Clutter From Stealing Your Life.* "But because cluttering is a physical expression of our emotional condition. Cluttering is about emotions and psychology not just organizing skills."[24] There are psychological reasons for the cluttering, including depression, anxiety, obsessive compulsive disorder (OCD), attention deficit disorder (ADD or AD/HD) and just plain fear and procrastination.[25]

A. Worry about future

Some clutter people keep things (in their bag, or in their home or office) not because they actually need it, but just in case. Karen Kingston argues in her book *Clear Your Clutter With Feng Shui* that the number one cause of clutter in our homes is the "keeping things just in case" mentality and its natural outgrowth of holding on to every thing that enters our home.[26] They don't let go because we might need something in some far-off, non-existent, hypothetical future.[27] Fear that we will be judged as wasteful if we throw something out that once cost good money. Recycling may just be an excuse for not decluttering. Sometimes the good is the enemy of the greater. If much of your clutter consist of bags and boxes of stuff you're going to get around to recycling, maybe it's time to realize that the landfill you wanted to save is now your house.[28]

B. Insecurity

Existential Insecurity- Failure to accept that things are ephemeral, keeping things to prevent them from ceasing to exist, that part of life may be forever forgotten.

Financial Insecurity- have experienced a time when there was very little and learning not to throw anything away. Recognizing that circumstances have changed and the mindset of "let's keep it in case I need it" no longer serves us.[29]

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[24] Mike Nelson, *Stop Clutter From Stealing Your Life*, (United States: Career Press, Incorporated, 2008), 25.

[25] Nelson, *Stop Clutter From Stealing Your Life,* 113.

[26] Karen Kingston, *Clear Your Clutter with Feng Shui,* (United State: Broadway Books, May 4, 1999, 65).

[27] Joshua Fields Millburn and Ryan Nicodemus, "Get rid of just case items: 20 dollars, 20 minutes," *The Minimalists,* accessed in Feb 19th*, 2015,* http://www.theminimalists.com/in-case/

[28] Nelson, *Stop Clutter From Stealing Your Life,* 145.

[29] Cynthia Braun, "The 12 Reasons Why People Clutter" *Organize your life,* accessed in Feb 19th, 2015, http://www.organizeyourlife.org/why_people_clutter.htm.

Some clutters have low self-esteem, they fear of not being good enough to deserve better things. (Nelson, 2008) "Clutterers keep useless stuff because they are afraid that there won't be any more for them. " Nelson said.

D. Procrastination and perfectionism

"I will put it back later." "I will wash it later." "I'm too busy to sort of it." These are most common procrastination words from my clutter friends and also excuses of myself. "I like to wait until it is an disastrous mess so that when I do clean it, there is a good reason for it, and the results will be most noticeable and gratifying. Or, why clean if my household family members are the only ones that are going to see it? There is no greater motivator to clean your house than when you are within two hours of guests walking through your front door." said JLLopez1006 who is the blogger of Live Simply, Live Thrifty, Live Savvy.[30] She used her own experience showing that how procrastination, perfectionism and clutter work together. Clutter and procrastination they go hand in hand. When clutterers procrastinate on throwing things away or putting things where they belong, they will end up with clutter.[31]

E. Effect of consumerism

"There are several parallel universes that make up our reality. Each is filled with stuff we bought. Because we only live in one universe at a time, that stuff doesn't exist all the time. For that reason, we have to buy more—one for each universe we inhabit."[32] This is the psychological reason Nelson defined for why people are addicted in shopping. As Nelson said not all the clutterers are compulsive shopping. But under the huge impact of consumerism, shopping are became one of the reason of the clutter. New stuffs growing so fast but room size didn't change, it is one of the surface reason of clutter. And consumerism really affect the the housing size, "The average size of a new American home in 1950 was 983 square feet; by 2011, the average new home was 2,480 square feet. And those figures don't provide a full picture. In 1950, an average of 3.37 people lived in each American home; in 2011, that number had shrunk to 2.6 people." [33] We can see people buy more things than before and need the bigger spaces to stored stuffs.

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[30] JLLopez1006, "The Psychology Behind Procrastination and Clutter", *Live simply, Live thrifty, Live savvy,* accessed in Feb 20th, 2015, http://livesimplylivethriftylivesavvy.com/2010/08/04/the-psychology-behind-procrastination-and-clutter/.

[31] JLLopez1006, "The Psychology."

[32] Nelson, *Stop Clutter From Stealing Your Life, 38.*

[33] Graham Hill, "Living With Less. A Lot Less", Nytimes, accessed in Feb 20th, 2015, http://www.nytimes.com/2013/03/10/opinion/sunday/living-with-less-a-lot-less.html?pagewanted=all&_r=0.

F. Feeling guilty

People feel a responsibility to be good stewards of things, says Randy Frost, a professor of psychology at Smith College, in Northampton, Massachusetts. Especially items they've been given by or inherited from a loved one. Getting rid of a present feels like disrespecting the giver. [34]
We may be holding on to the items people have given us because we don't want to lose the person,
We often get ourselves over-committed from a feeling of lack of love. When people ask us to do things for them, we feel they won't love us if we don't. [35]

G. Feeling confused and can't make decision

There is another symptom accompany with procrastination is Delayed Decision Disorder (DDD). DDD is not a valid medical term, but I want to use it describe this phenomenon. It is the root cause of every pile of paper, every piece of unprocessed mail, every cluttered closet, and every folder or bin of "miscella-neous"stuff. [36] Lynda Warren, a San Bernardino psychologist, describes clutterers as "people who have an enormous problem making decisions, and can't stay focused." (Nelson, 2008) The determined clutterers have one thing in common: They are almost certainly struggling with making the decisions.[37] "This strug-gle to make decisions is probably fueling your procrastination, leading to regret when you decide to be ruthless or making you feel overwhelmed, out of control and simply unable to make a decision at all." David McRaney, a journalist working out of Mississippi, suggested that the truth of procrastination is fueled by weakness in the face of impulse and a failure to think about thinking.[38]

2.2 Interview From Clutterer

I began the interview with the question: "Can you find me a stuff that you didn't touch it for two weeks or more and you don't know what it use for." I used this question based on the characteristics of cluttering people I found above. And I'm trying to connect the redundant stuffs in the house with people's thoughts and behaviors. Both of them are my friend but we don't in the same country so I asked them through the internet.

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[34] Elizabeth Fenner, "The Top 6 Excuses for Clutter," Realsimple, accessed December 12, 2014, http://www.realsimple.com/home-organizing/organizing/top-causes-clutter.

[35] Nelson, *Stop Clutter From Stealing Your Life, 121.*

[36] Andrea Brundage, "Delayed Decision Disorder (DDD) and the Cost of Clutter", *Smead,* accessed in Feb 20th, 2015, http://www.smead.com/Director.aspx?NodeId=2288.

[37] Clare, "How to Make Decisions", *Clutter clearing*, accessed in Feb 21st, 2015, http://www.clutterclearing.net/#!making-decisions/cqa8.

[38] David McRaney, "Procrastination", *You are not so smart*, accessed in Feb 21st, 2015, http://youarenotsosmart.com/2010/10/27/procrastination/.

A. Miss Xu

First of all I asked one of my friends Miss Xu. Her mother called her "ragpicker". She showed me a corner of her room with a green basket and some notebooks still with the plastic package and lot of dirt, ash and hair on them. (fig.1) This corner she didn't touch for 4 years. I asked her if she will throw this basket away and then her clutter situation will change. She denied me. Her reason is because there is her favorite animal frog on the notebook and the green basket is her favorite color. We can see she cling to the things she have, even if the things are dirty or broken, because they don't feel they deserve any better. It's arouse me thinking that this corner stored the four years ago stuffs, and how about other place? How many new things will come to her room during the four years? And how much things stayed and how much things threw out? The online shopping is very popular in China now, people can buy everything from the

fig.1

internet include food. And Miss Xu who is addicted in online shopping for a very longtime. I asked her to showed me consumption list of the whole year of 2014. She bought 525 things from the internet. And I asked her how many things she threw away, "Not too much, just some tasteless food and some cheap makeup." "But I think the main problem is my room is too small to store my things, I don't have enough space to organize." From here we can see she have a deep effect from the consumerism, and maybe it is one of the reason making her room clutter.

B. Mr Zhang

The other interviewee is Mr Zhang, who showed me the surrounding of his room which full of plastic bottles and dirty clothes. I asked him which one he didn't touch for the longest day and had no idea what it use for. The most interesting thing is his answer: "I would say it is the underwear."(fig.2) He was almost 100kg a few months ago. During these months, he went to the gym everyday and successful lost 20kg.
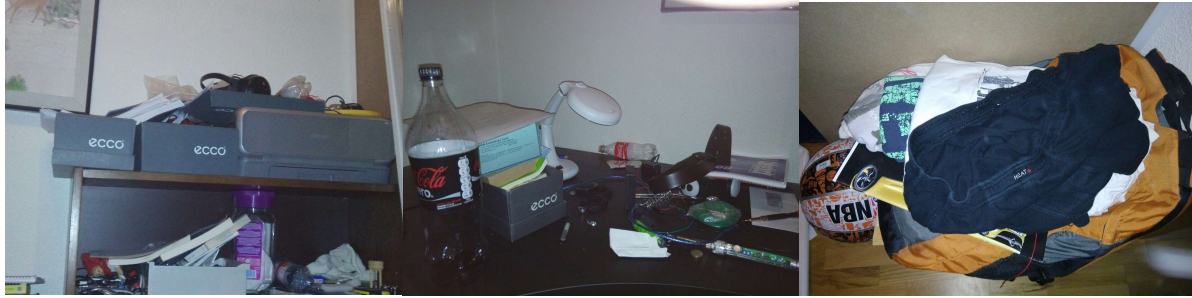
fig.2

The underwear in the picture is the one before he lost weight. He didn't wear it anymore but still threw it in the corner of the room. He was hesitate to throw the underwear away because the fat past was one of the important thing to himself. And then I also asked him about the plastic bottles on the desk and shelf, why he don't throw it away, he told me that he just too lazy at first and then totally forgot.

Often clutter comes in the form of emotional attachment to objects that have significance to us.[39]

3. Method

3.1 What is Dan, sha, ri?

Dan, sha, ri. They are three Chinese characters signify, respectively, refusal, disposal and separation. A famous Japanese author Hideko Yamashita, inspiring from the yoga philosophy, created three steps to get rid of the bother from cluttering:

1. Dan - refuse to bring unnecessary new possessions into your life;
2. Sha - throw away existing unnecessary stuffs in your living space;
3. Ri   - separate from a desire for material possessions.

The core of Danshari is learning how to give up, how to throw away how to make a decision but not about teaching you put things in order. Here is form showing the difference between Danshari and Storage. [40]

	Dan/Sha/Ri	Storage, Arrange
Precondition	Supersession (Initiative)	Maintain, keep, hold (Passive)
Subject	Oneself	Object

[39] Leo Babauta, "Decluttering as Zen Meditation," *Zen habits*, accessed in Feb 19th, 2015, http://zenhabits.net/zen-clutter/.

[40] 山下秀子, 断舍离, 50.

Focus	Relationship,	Object, oneself
Core	Sensibility: Need, suitable, comfortable	Substance: waste, usable, unusable
Timeline	Now	Future, past
Awareness	Make a decision, choose	Evade
Step	Few	Many
Technique	No need	Need
Storage Container	No need	Need

fig.3

Fig.3 showing the contrast the Danshari with the storage and arrange. The Danshari more initiative than storage. The subject is people themselves that focus on the relationship between objects and oneself, thinking about if they need this object or if this object suitable for them now. The only step they have to do is making a decision to throw the things away, no technique no storage container. But in the storage part the subject is the items, people focus on the items, thinking of it is maybe can use in the future and use many technique and container to keep in the house.

Here are some examples of storage:
Fold the clean clothes on the sofa
Put the mess toys back into the box
Put the book back into the shelf
Put the plates and glasses back into the cupboard
These kinds of actions are put things in order or put things back in the original places. In our daily life, if we start clean up the room with a huge number of stuffs, shortly afterwards it become clutter again. And this kind of clean up is taken a considerable amount of time. Maybe it means nothing for the people who can handle it or enjoy it. But for clutter people as I mentioned before who are "addicted insight"may prefer spend time on the things they are interested.
Yamashita said the original intention of Danshari is trying to avoid doing bother things. Because she was really lazy to organize stuffs, so that she cut down the stuffs. In other words, she wanted to find a way which don't need organize room. The more stuffs, people more easily to think to manage them. But if you just have a few things, you even don't need to organize them.

"Once I take the things from the storage, all the things in surround them are become mess. I ask myself should I put my time, my energy and my money into these things?" And what exactly are they?

3.2 Pareto principle - 80/20 Rule

Like Yamashita said, what kind of things value us to put our amount of energy to organize?

The original observation was in connection with population and wealth. Pareto noticed that 80% of Italy's land was owned by 20% of the population. He then carried out surveys on a variety of other countries and found to his surprise that a similar distribution applied.[41]

A chart that gave the inequality a very visible and comprehensible form, the so-called 'champagne glass' effect,[42] was contained in the 1992 United Nations Development Program Report, which showed the distribution of global income to be very uneven, with the richest 20% of the world's population controlling 82.7% of the world's income.[43]

3.2.1 80/20 Rule in Danshari

"Now" Area — Non-Daily — Daily — Active 20%

"Future & Past" Area — Inactive 80%

"Too waste if I throw it."

"I will use it in onday."

"Will throw it away in one day."

"There are a lot of troubles when I deal with it."

"Although I don't use it, but I don't want abandon."

"......"
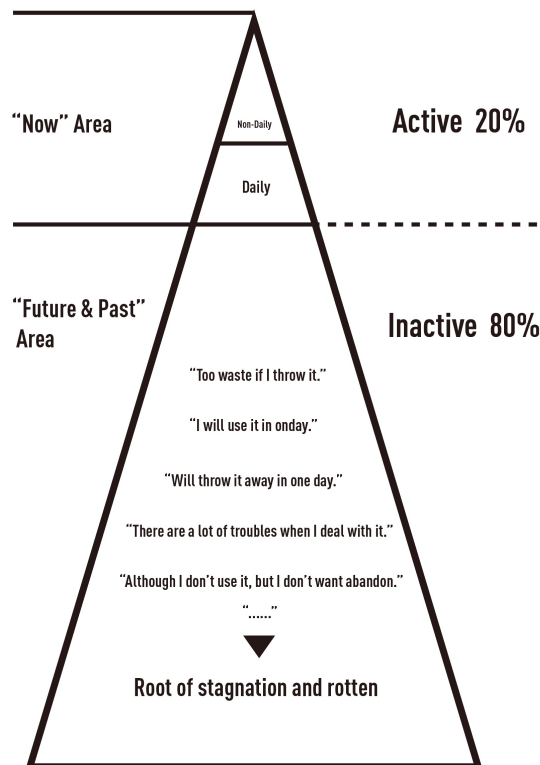
▼

Root of stagnation and rotten

fig.4

Hideko Yamashita got in touch with 2000 students through the lectures of Danshari during 8 years, listening their story and sometimes need to visit their home. In this process, although there were some individ-

[41] Pareto, Vilfredo; Page, Alfred N. (1971), Translation of Manuale di economia politica ("Manual of political economy"), A.M. Kelley,

[42] Gorostiaga, Xabier (January 27, 1995), "World has become a 'champagne glass' globalisation will fill it fuller for a wealthy few", *National Catholic Reporter*

[43] United Nations Development Program (1992), *1992 Human Development Report*, New York: Oxford University Press

ual differences, but in general, the objects at home also stayed within the Pareto principle. This triangle graph created by Yamashita shows that only 20% of the whole objects at home have actual value and produce effect, and in most of the time people can handle their life just use the 20% objects.

3.3 Two meaning of "to be wasteful"

Although mottainai is translated in English as 'to be wasteful', the Japanese word contains a deeper nuance from its buddhist origins, meaning 'no longer having its original form or meaning'. So when you keep things because they might 'come in handy' and because throwing them away would be 'such a waste', do they actually retain their original meaning by being shut away in a cupboard somewhere? So when you keep things because they might 'come in handy' and because throwing them away would be 'such a waste', do they actually retain their original meaning by being shut away in a cupboard somewhere? In this philosophy is not only for helping disorganized people to decluttering their home but also for the organize people to think about the relationship between them and their stuffs.

3.4 Survival of the fittest

The philosophy of Dashari is making your home into natural circulation, the objects surrounding you are survival of the fittest. Objects will appear when people need them. Every object selected carefully, Your room are full with the most important thing of you. If the space just have 20% things of now, people don't need organize items, because everything you will use and don't need a storage space.
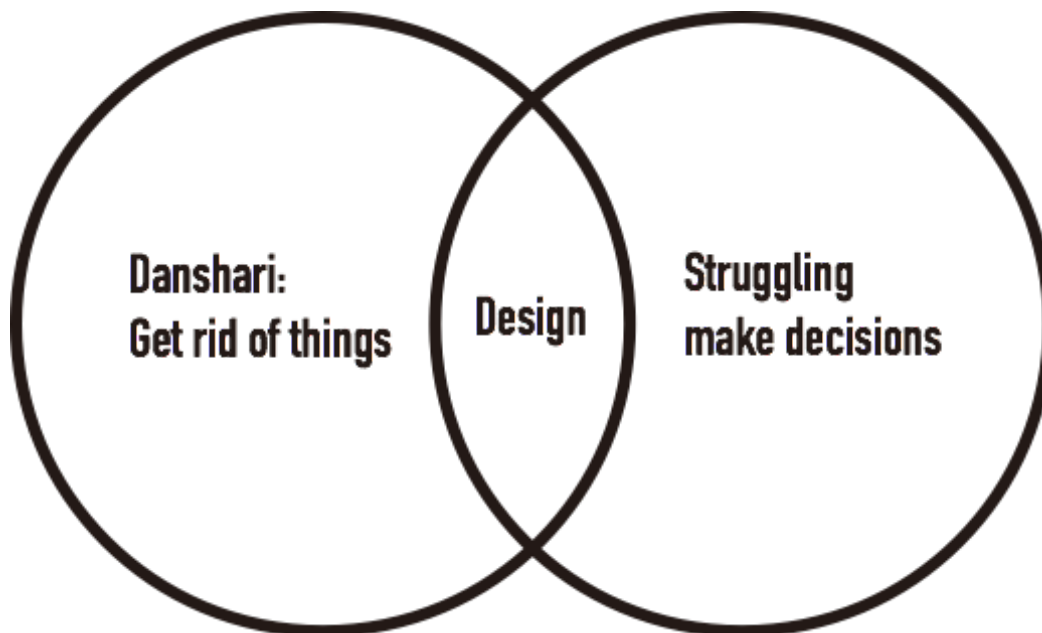
4. Design Thinking

fig. 5

According to the theory of Danshari get rid of unnecessary, unfit things is the key to cut down clutter, and also the way to reduce the bother of clean up room. But now we know the people who struggling make decisions and errors in judgment result in the redundancy and pile up unnecessary stuffs. Can we verify a hypothesis this is a design can assist people making decisions to get rid of things?

4.1 Time inconsistency and procrastination

In behavioral economics, time inconsistency or dynamic inconsistency, describes this situation: "A decision-maker's preferences change over time, in such a way that a preference, at one point in time, is inconsistent with a preference at another point in time."[44]

It is often think about preferences over time in this context by thinking of decision-makers as being made up of many different "selves", with each self representing the decision-maker at a different point in time. So, for example, there is my today self, my tomorrow self, my next Tuesday self, my year from now self, etc. The inconsistency will occur when somehow the preferences of some of the selves are not aligned with each other.[45]

4.1.1 Time inconsistency in my clutter problem

According to the Time inconsistency theory I found four typical things in my room. (fig.6)A plastic bottle with water, a green package box, some letters, and five un-wash coffee cups. The fist time I did't want to
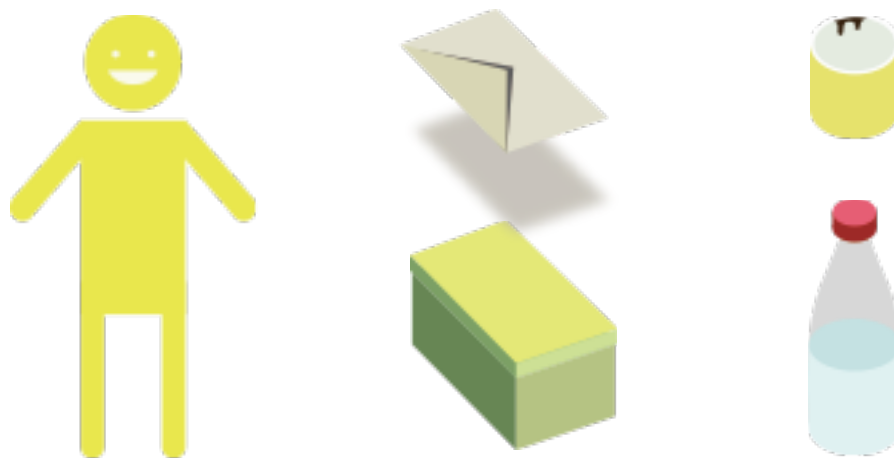

Fig. 6

throw the bottle away because I thought I might drink the water. The second time I gave up to throw it away because I thought I love the design of the bottle. And then I did't have time to care about the things in my

[44]Paul Klein, Time Consistency of Monetary and Fiscal Policy, From The New Palgrave Dictionary of Economics, *Palgrave Macmillan* (2008), doi:10.1057/9780230226203.1705

[45] Klein, "time consistency."

Fig. 7

desk. Each of myself made different decision in different times.(fig.7) The same as the green package box and the letters. And I thought I will wash the coffee cup later but then I totally forgot to put them into the wash-machine.

Fig.8

Fig.9

There will be countless bottles and boxes and paper into my life, If I don't put any action into them, the things will pile up, and regardless I have to make a decision in the end but in a totally mess situation.

4.2 Visceral Reactions

For centuries cognition has tricked on humans into believing their actions are completely thought-out and preplanned. Modern psychology says otherwise. Much of human behavior is still rooted and influenced by our "old brain," the part of our mind controlling the survival instincts that kept our ancestors alive. [46]The old brain reacts much faster than conscious thought and is triggered anytime we're exposed to a representation of food, shelter, danger or reproduction. These reactions are called "visceral reactions" as they originate from the central nervous system.[47]

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[46] Susan Weinschenk, *Neuro Web Design: What Makes Them Click?* (California: New Riders), 2009, 65.

[47] Don Norman, *Emotional Design: Why We Love (or Hate) Everyday Things,* (New York: Basic Books), 2005. 89.

4.2.1 One Action

A table or a platform is one place very close to people, it is very convenient to put things on it. Whatever extract objects or put objects back from one place, clutter people hope to finish the action as soon as possible. Clutter people will feel too bother if it is need opening the cabinet's door, extracting box from the cabinet, and opening the cover of the box. When they put things back also have to repeat the three actions. So they will choose just leave the things on the nearest platform to reduce the bother. [48] So the platform is one place very easy to pile up and also one place to put the commonly things.

But when clutterers couldn't distinguish the unnecessary things and commonly use things. The desk become chaos. It's like a human's body become constipation. Just in but nothing out.
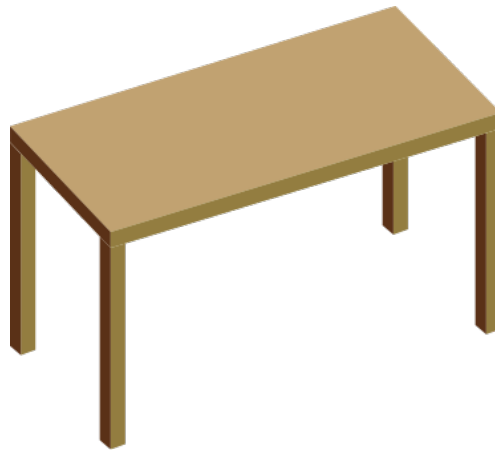

Fig.10

The desk we use in nowadays don't have many functions. (fig.10)The only thing it can do is accept all the things you give it. But can we imagine if the desk can help you to make decision and assist you to throw the things you don't need?

4.3 Change the role to make decision

Because the desk can't move, and cluttering people find it difficult to throw things away, so the whole circulation is brought to a stand still.

"We cannot start with our emotions, as we must start with the physical clutter. Once we start decluttering our stuff, we then begin to deal with the attendant emotions. We've gotta start somewhere." Nelson said. It's similar to smoking cessation or changing any other habit. You can do it alone, but it's usually much easier to do it with the support of others. Can we change the role of decision making? Can we let the desk make the decision?
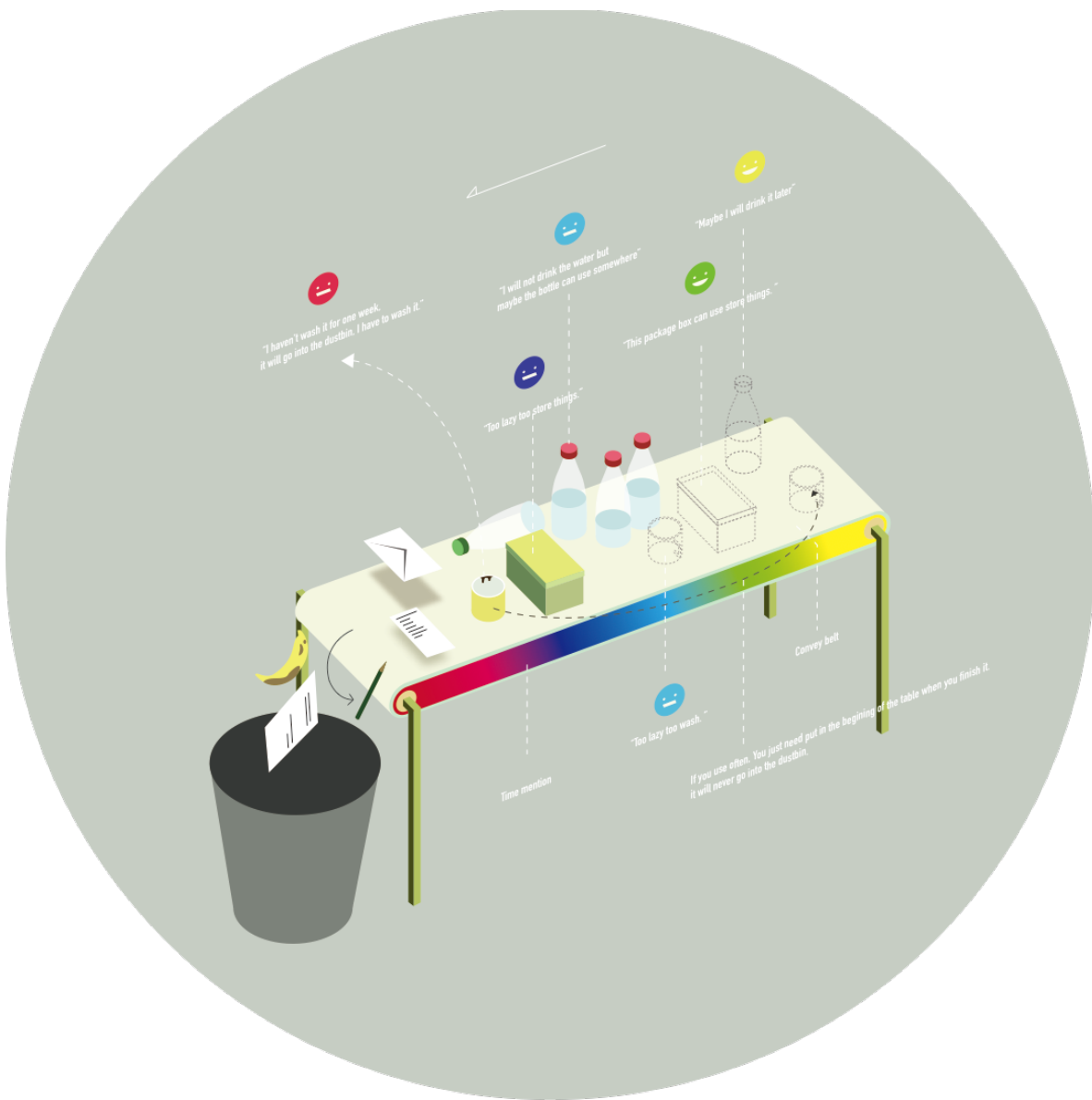
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[48]山下秀子, 断舍离, 80.

Fig. 9 Concept of Conveyor Desk

5. Outcome

5.1 Conveyor Belt Desk

How can we make the desk move? I'm inspired by the conveyor belt. We seek a solution to problems by finishing them collectively in one action, the less action the less bother. We just need to get rid of the superfluous action, clutter people can not use "too bother" as a pretext.
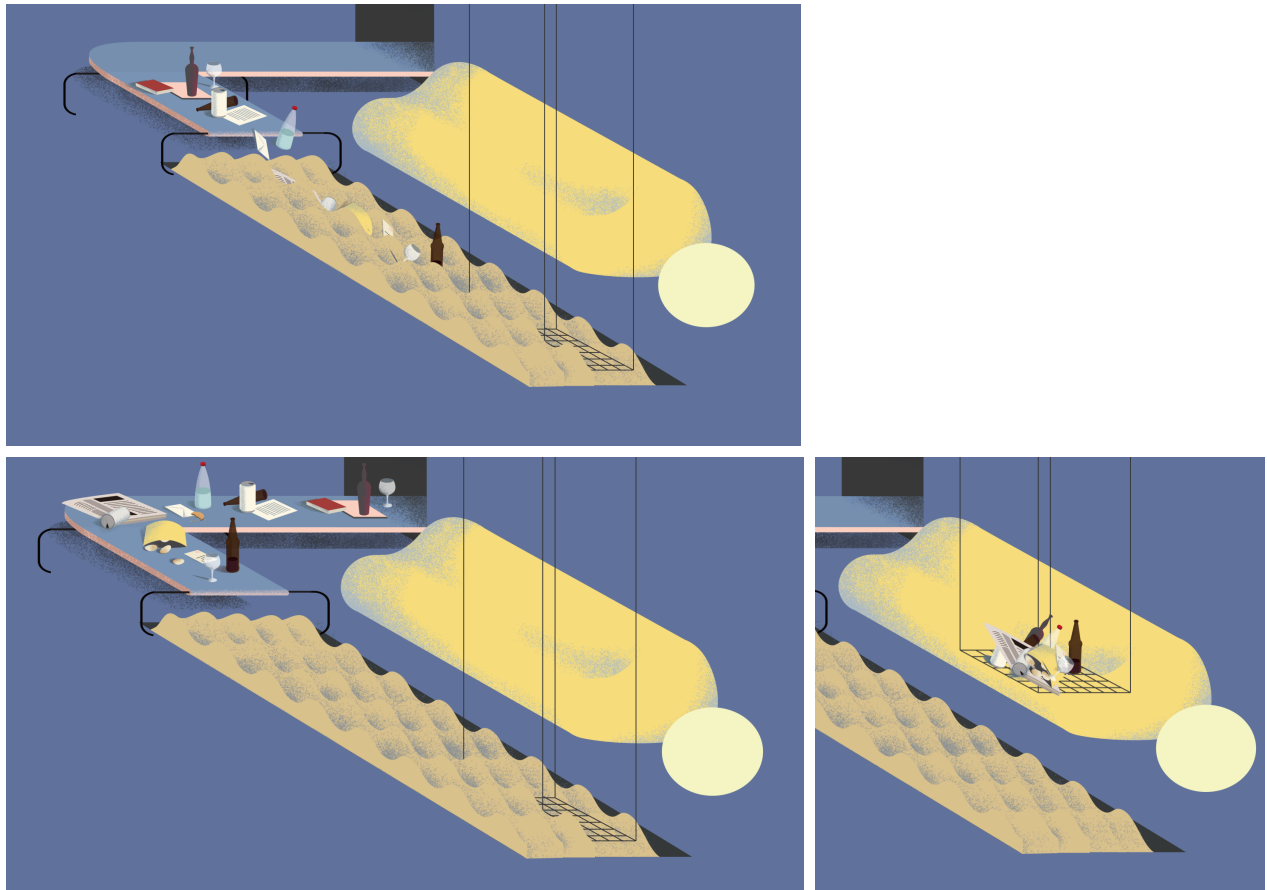

Fig.10 Conveyor Belt Teatable

Just suppose we can set the running period by ourselves. For example, 1 week, the desk will throw things into the dustbin every week for you. From the start of this week, the things which you are not sure you need right now or you might need later; put it on the desk. After one week, the desk will determine the things that need to be discarded, instead of you, and will dispose of all the things that you don't touch or move. The desk has a time period; thus, it will not throw things away immediately, as the desk will give you an appropriate time to consider, but not a prolonged period, before disposing of the item or items.

If you use these items often and always put back on the top of the desk, or maybe use in other places, it will never go into the dustbin. It fits the theory of survival of the fittest; your instinctive action will select the object.(fig.9, fig.10, fig.11)

fig. 11 Conveyor Belt in Kitchen

The more items that are on the desk, the faster the automatic synchronized belt speed, because there is a limited amount of space; therefore, more things means more needed space, and the old things should be removed.
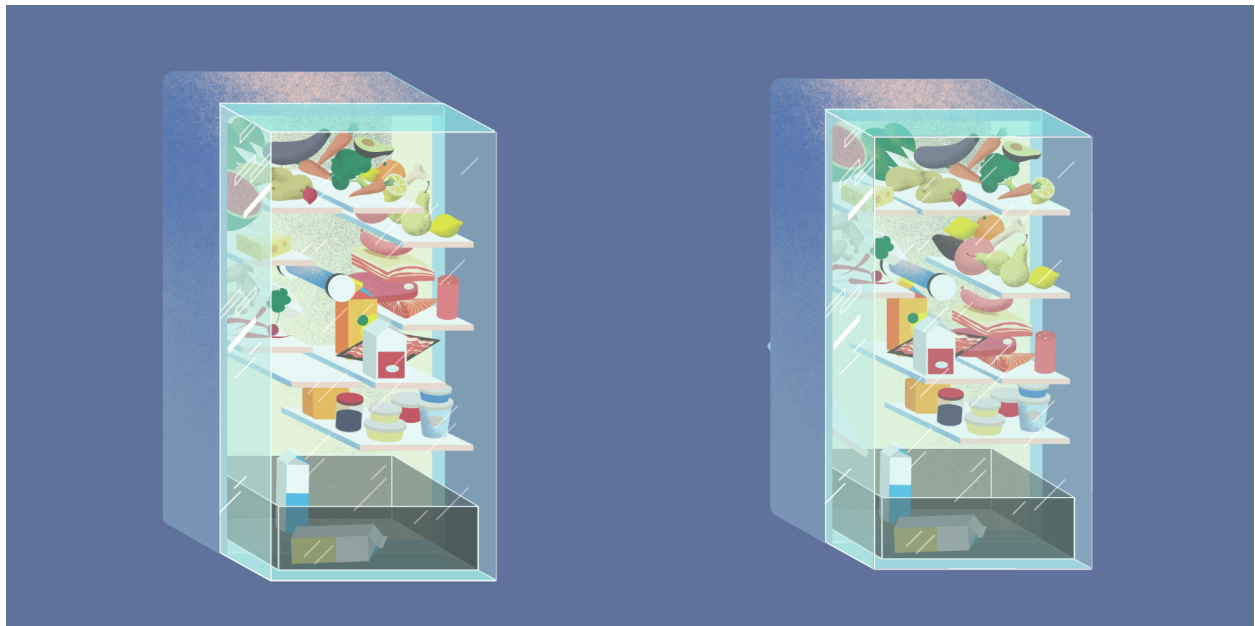
5.2 Auto Refresh Fridge

fig.12 auto refresh fridge

The fridge (refrigerator) is a typical place which can reflect the time inconsistency theory of the clutter

people's behaviors, where people hoard a lot but cannot consume that much. They tend to feel very guilty when it comes to throwing old food away and seem to think they will eat it later; however, they will usually change their mind after a period of time. Sometimes people forget the food in the innermost of the fridge until they become spoiled and smelly; finally they have to throw it away. For example, I found a frozen chicken, which my mother put into the fridge one year ago, but she still cannot decide if she needs to throw it away. Haier, an electronic brand which has focused on fridge design and manufacturing for so many years, has determined that "almost a third of groceries purchased in Europe end up in the trash rather than the stove, causing consumers to waste thousands of Euros; numbers for America are even more dramatic, as nearly half of all groceries go to waste."[49] I'm thinking if the fridge can alert people as to how old the food is; then perhaps throw the old food away automatically.
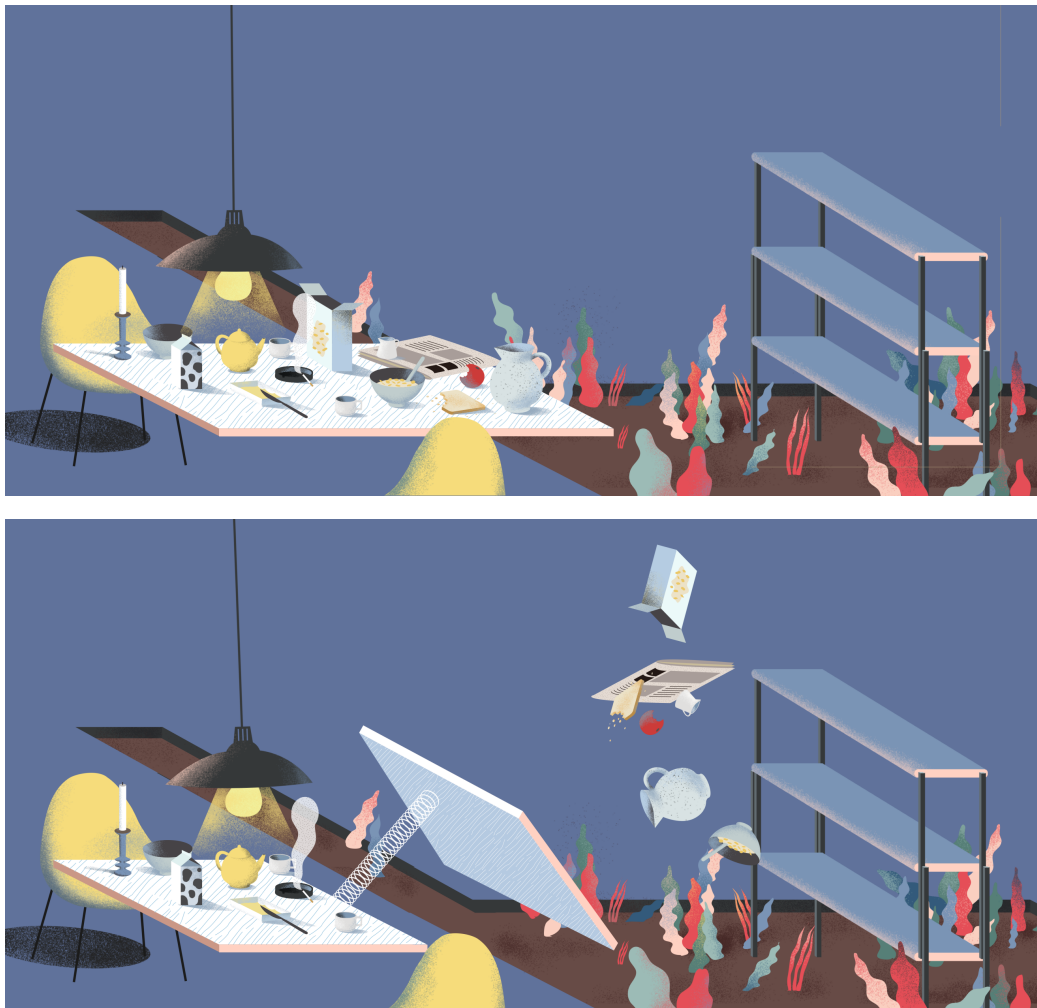
5.3 Auto Tossing Desk

fig.13 Auto Tossing Desk

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[49] Timur Senguen, September 07, 2013 Haier's Concept Fridge Grows a Nose, Tells You When Food Goes Bad http://refrigerators.reviewed.com/features/haier-concept-fridge-grows-a-nose-tells-you-when-food-goes-bad?utm_source=usat&utm_medium=referral&utm_campaign=collab

This is a desk will automatically tossing the items to the shelf, to force people don't leave stuffs on it.

6. Reflection

What if all concept furniture was designed based on the research of clutterer's traits and characteristics, such as the behavior of my friends and me. However, could these new and improved household furnishing really change or alter cluttering people's thoughts and feelings? I made a virtual room, full of the automatic concept furniture, and let visitors experience this virtual scene. Then I interviewed 5 of them to collect and analyze their feelings and thoughts if they were to use these furnishings.

A. Feeling Pressure

The first is Miss Xu who has many typical traits of a clutterer. Her first reaction when she saw the conveyor belt desk was she felt so pressured. She said she would stop the desk when she would go outside and she also mentioned that she was really concerned about the things that were still useful, but because of her procrastination she wouldn't put it back on time, then the desk would throw it into the dustbin. The "waste" was her first thinking regarding the concept fridge. "I will check if it is truly bad, and, as a thrifty person, I will cut the bad part out and eat it."

B. Functional

The second individual is a student who studied design. I was living in his place for 2 weeks, which full of smelly foods, dirty plates and bowls. Because he was also making an experimental wood project in his room, there was a lot of saw dust on the table and he was eating on that table as well. I'm thinking he is a good target to imagine the feeling of using the concept furniture. He said "It looks functional; seems I don't need to organize stuff, but the desk takes up too much space. I can't do anything with this desk, except put things on it."

C. Improve Quality of Life

The third individual is a girl, who likes cooking a lot, and always hoards a lot of food in the fridge. She said: "I don't need the desk in the living room, because there are a lot of ornaments in the living room, and most of them don't move. But my bedroom is really a mess and I need it to help me. I think I will use the auto tossing desk in the dinning room, to force me to move all my stuff on the table, because I always leave things there and forget to move them. I think the most useful thing for me is the fridge. I always have rotten food and vegetables, butter and sauce from 3 months ago." "Do you think these products can improve your feelings or thoughts?" "I think it will improve the quality of life."

D. More Lazy

The fourth individual is a high school student who studies IT. He doesn't have a clutter problem at home, but he has gained a lot of inspiration from these concept furnishings and told me his worries about the

future. "I think these types of furniture can save people time in organizing their space; maybe it can help avoid the wear and tear on the body, caused by excessive housework and reduce the pain and strain when people get old. But in contrast, it will make people lazier than before." Then he told me his thinking about how to make people do more exercise even when they use the furniture.

E. Cheat the Furnitures

The fifth individual is my teacher, and he said people may cheat themselves by moving the things from the end of the desk to the beginning. And also one of my friends had the same thoughts, that maybe he is too lazy to put items on the desk, and might just put them on the floor.

Conclusion

This project started from the perspective of humanity, specifically to explore the concept of clutter, a study of human nature and the process of self-discovery. I'm trying to employ a design intervention to change people's thoughts and feelings. The clutter phenomenon is a reflection of the real world, consumerism, information overload, procrastination, etc., Clutter also shows the characteristics of people's psychological and behavioral traits. The world is diverse; everyone has different habits and patterns, and creates different forms of social values. The general standard living environment may not be suitable for the nerodiverse population. In this study, I wanted to find a more suitable way of life relating to this population.

I'm looking for the solution of the clutter from the western and then to the abandon philosophy Danshari of the eastern. From studying how to organize, to learn how to drop off, the Danshari really inspired me that the key to keep a room clean is throw the redundant items away. But precisely because cluttering people can not make a correct judgment on whether the items should be discarded or not, thus, resulting in the accumulation of unwanted and undesirable stuff. People can not make a decision in the moment, which is the key reason for procrastination. So I'm thinking that people who are unable to make a judgment as to throwing things away lead to circulation of living environment stop. Is it possible to change the role of decision making to the household furniture which will accept all the stuff people give them to restart the circulation? How can I make people aware of the stuff they don't touch for a very longtime? I'm thinking to use time in order to give people the answer, which is inspired from the conveyor belt to make desktop moving in order to remove the unwanted items. The items' position can show people how long they haven't touched it. If not used for a long time, things will automatically fall into the dustbin; however, the items people frequently use will stay on the table. And I also designed a series of concept furniture based on this principle, and I want to use these furnishings to encourage people to stop thinking about unnecessary things, just use the things they need right now, and give the unnecessary items to the furniture. But is this really just my imagination that these furniture designs could really change people's feeling and thoughts?

I interviewed a number of people; some of them have clutter traits, but a few did not. They have a variety answers. Some people think these furniture designs may helpful, but some people expressed the opinion that they can not give up their obsession with certain items and would not trust the automatic furniture. Throw the things away and make the environment clean, but maybe could not help the clutterer have a peaceful mindset, which could make them even more stressful. As the fourth interviewee said, maybe this type of furniture can only be useful for people who want to change their living environment from their heart. The automatic furniture design is just an illusory concept; it did not alter personal useage. They have a lot of possibilities and future transformations, and opens up various possibilities to concept furniture design and may arouse people's awareness about the problems of the modern society; especially related to the environment. If my knowledge and outcome could be shared or merged with other professionals in this area of research, future collaboration could lead to new and unexpected outcomes.

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