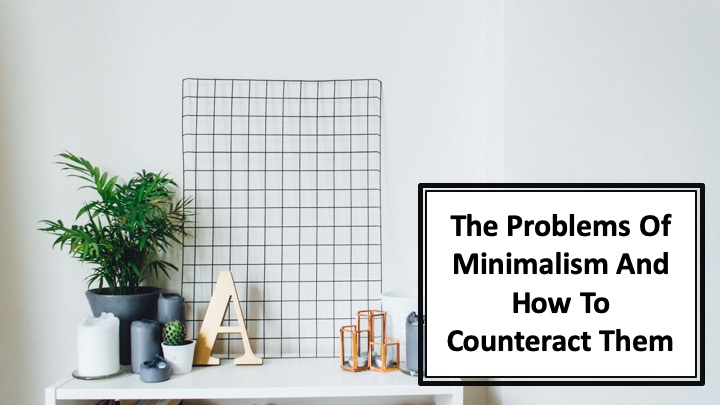
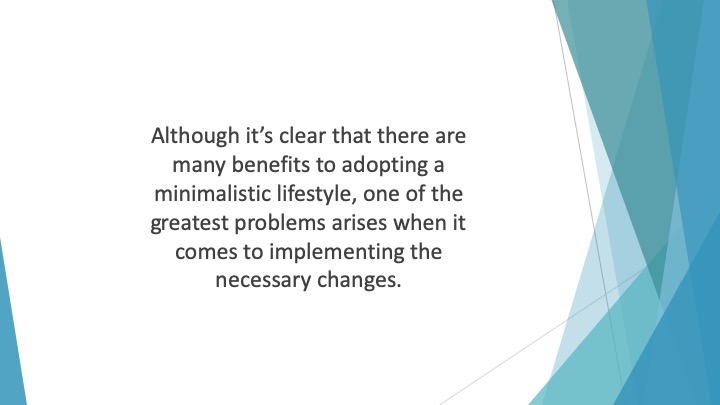
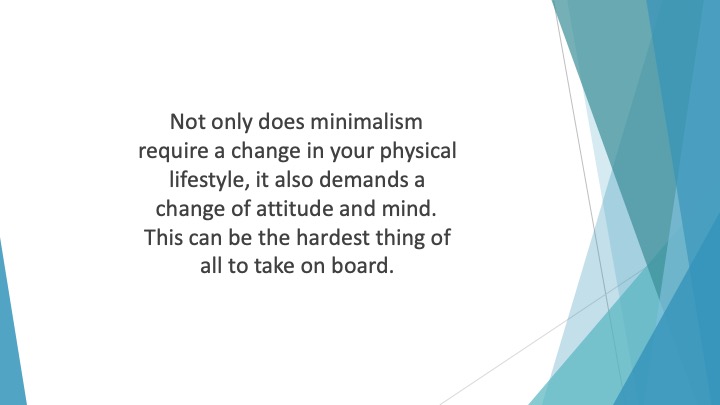
**Chapter 9: The Problems Of Minimalism And How To Counteract Them**

****

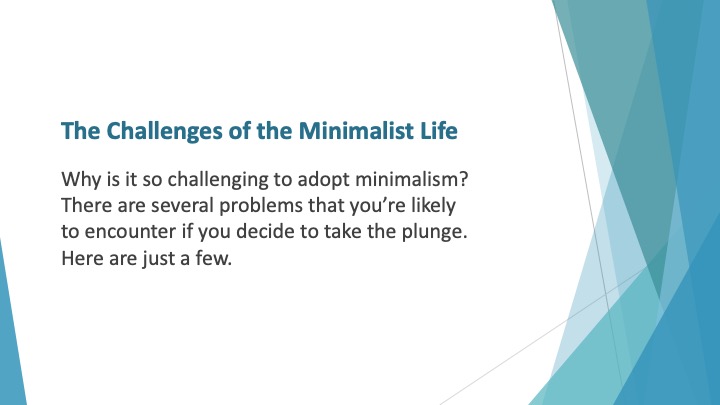
**S1** : In this video, we’ll discover about “The Problems of Minimalism and How to Counteract Them”



**S2 :** Although it’s clear that there are many benefits to adopting a minimalistic lifestyle, one of the greatest problems arises when it comes to implementing the necessary changes. Minimalism represents a completely different mindset to that which we are so used to here in the 21st century.

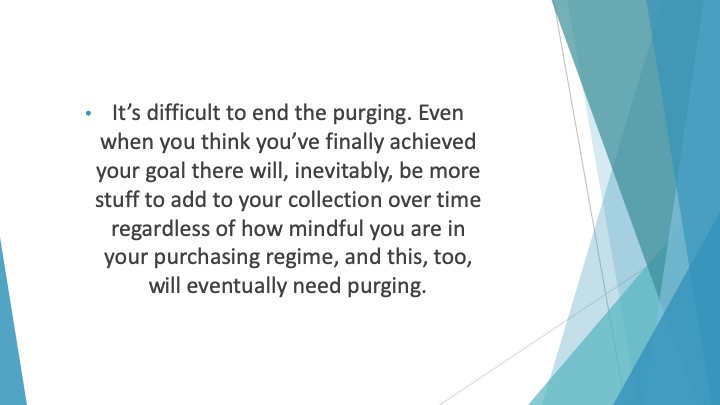


**S3** : Not only does minimalism require a change in your physical lifestyle, it also demands a change of attitude and mind. This can be the hardest thing of all to take on board.



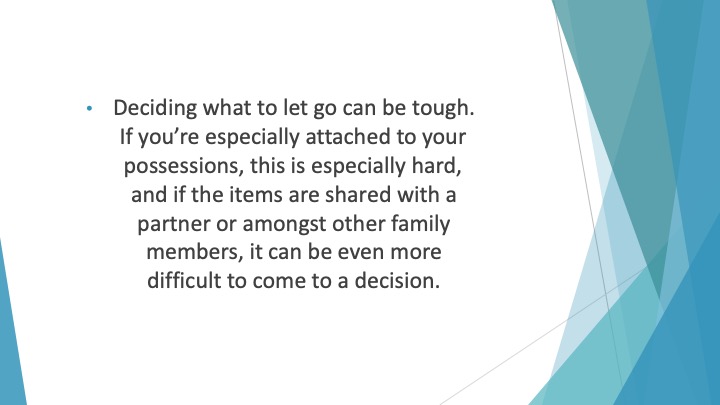
**S4** : The Challenges of the Minimalist Life

Why is it so challenging to adopt minimalism? There are several problems that you’re likely to encounter if you decide to take the plunge. Here are just a few.



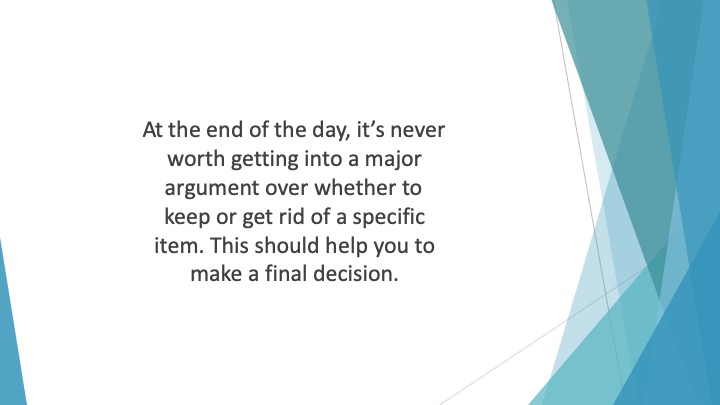
**S5 :**

• It’s difficult to end the purging. Clearing away all the clutter in your life by donating, selling, tossing or recycling can seem to take forever. Even when you think you’ve finally achieved your goal there will, inevitably, be more stuff to add to your collection over time regardless of how mindful you are in your purchasing regime, and this, too, will eventually need purging.

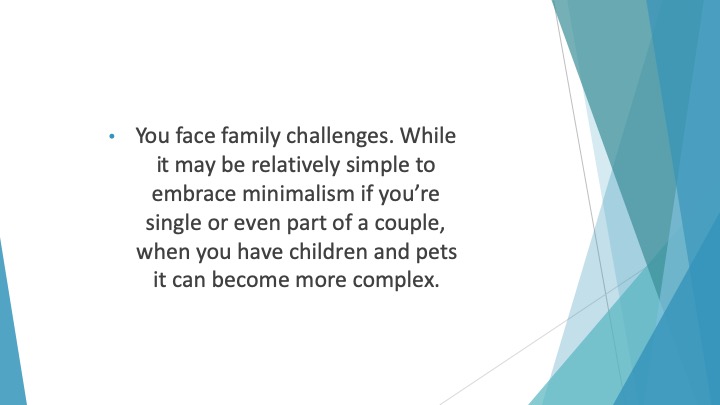


**S6 :**

• Deciding what to let go can be tough. Making decisions about what to keep and what to get rid of is always going to be hard at the start of your process. If you’re especially attached to your possessions, this is especially hard, and if the items are shared with a partner or amongst other family members, it can be even more difficult to come to a decision. What do you do if one person is more strongly attached to an item than the others? Discussion becomes essential, and this can be very time-consuming and stressful.

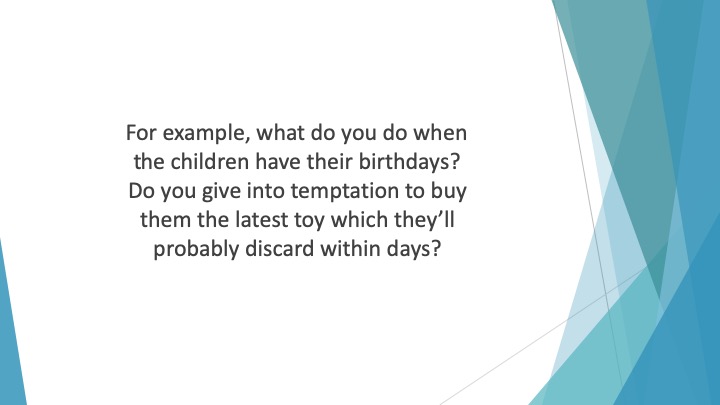


**S7 :** At the end of the day, it’s never worth getting into a major argument over whether to keep or get rid of a specific item. If it’s so hard to let it go, it may help to ask questions such as how often you use it, whether it makes you happy or whether it serves a valid purpose. This should help you to make a final decision.



**S8 :**

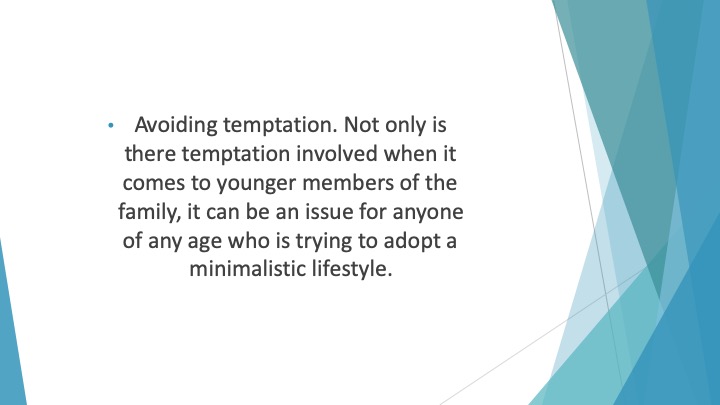
• You face family challenges. While it may be relatively simple to embrace minimalism if you’re single or even part of a couple, when you have children and pets it can become more complex. Extended families, by their nature, accumulate more items and possessions, and this makes it harder to stick to your minimalist principles.



**S9 :** For example, what do you do when the children have their birthdays? Do you give into temptation to buy them the latest toy which they’ll probably discard within days? What happens when they receive gifts from other people? How do you address this issue?

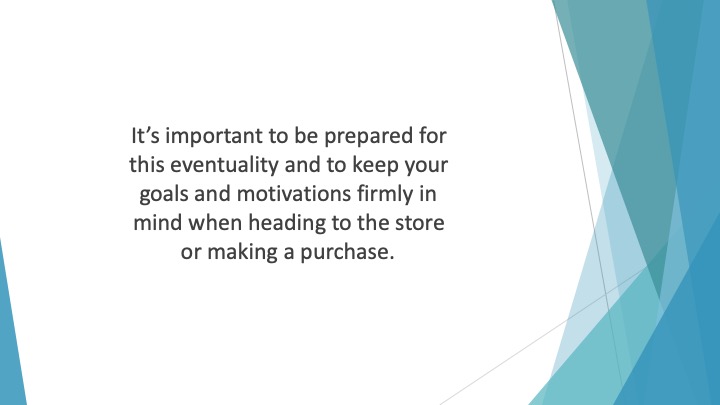


**S10 :** It can appear rude to ask friends and family members not to buy gifts but if you don’t, you could end up with piles of unwanted clutter in your home. You need to consider what your approach is going to be at an early stage so that you don’t face additional stress when the situation arises.

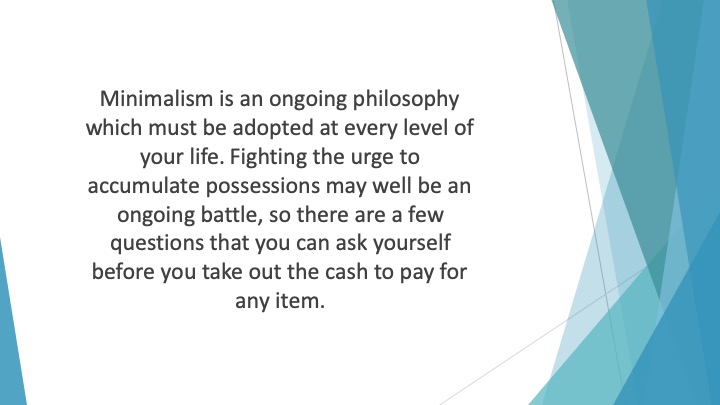
****

**S11 :**

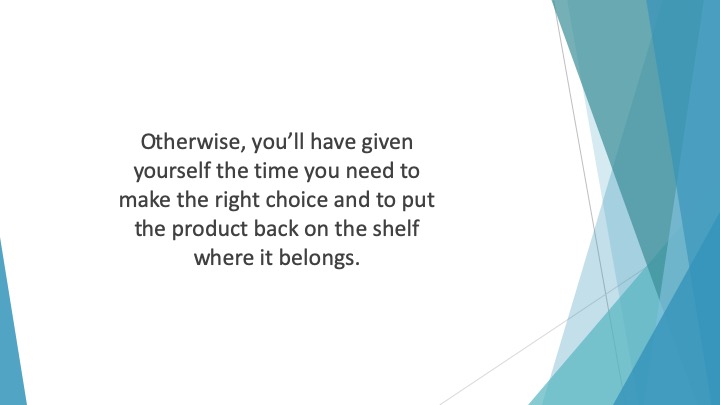
• Avoiding temptation. Not only is there temptation involved when it comes to younger members of the family, it can be an issue for anyone of any age who is trying to adopt a minimalistic lifestyle. Marketers are good at their jobs, so it can be all too easy to fall prey to their adverts and distractions that they place in our way.



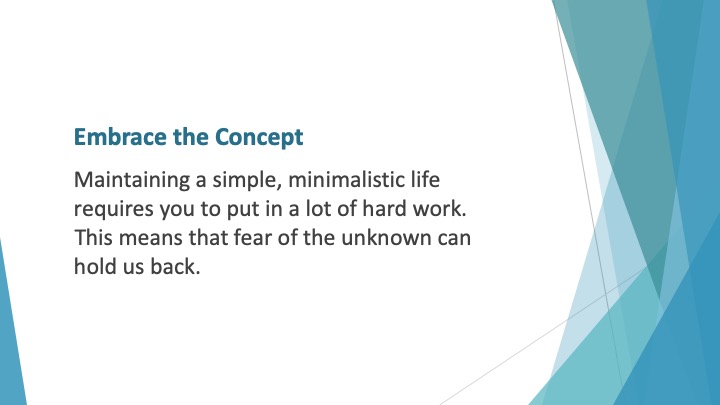
**S12 :** It’s important to be prepared for this eventuality and to keep your goals and motivations firmly in mind when heading to the store or making a purchase.



**S13 :** Minimalism is an ongoing philosophy which must be adopted at every level of your life. You need to keep this close to your heart when tempted to make a purchase and remember that you shouldn’t buy more than you need. Fighting the urge to accumulate possessions may well be an ongoing battle, so there are a few questions that you can ask yourself before you take out the cash to pay for any item. Do you really need this item? Why do you need to purchase it? If you can answer these questions and come up with a realistic and valid response, you can go ahead and make the purchase.

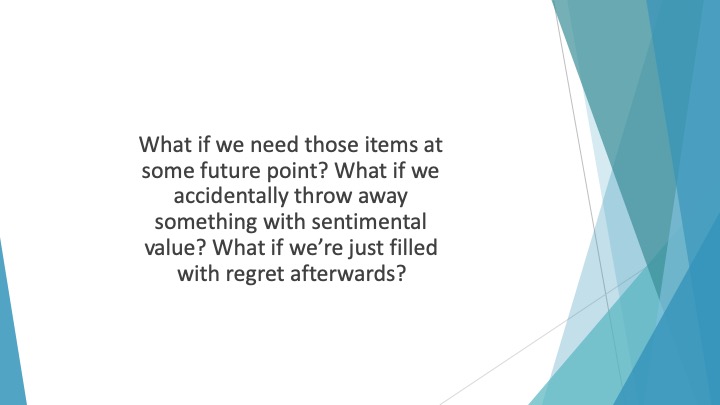


**S14 :** Otherwise, you’ll have given yourself the time you need to make the right choice and to put the product back on the shelf where it belongs.

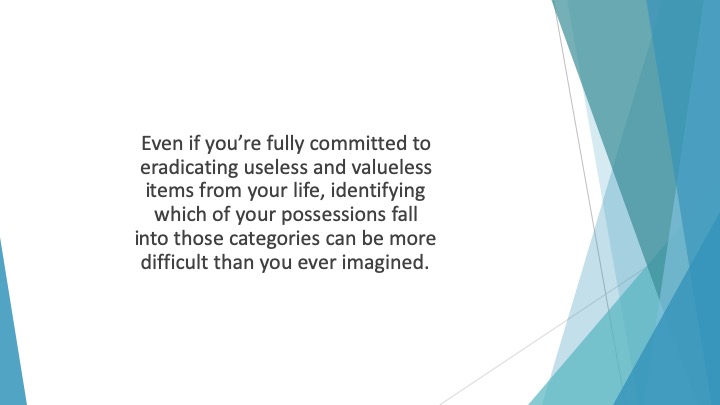


**S15 :** Embrace the Concept

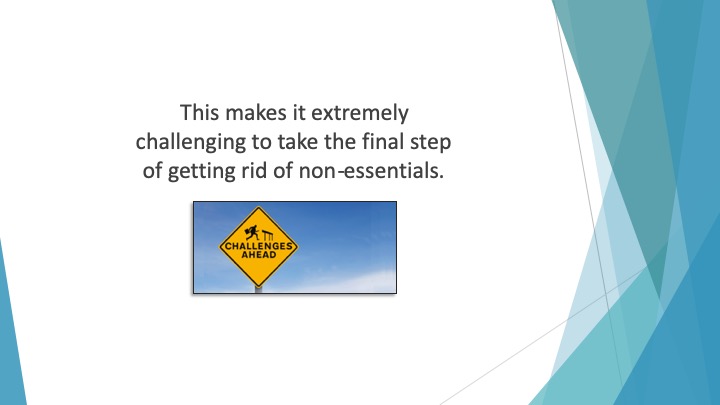
Maintaining a simple, minimalistic life requires you to put in a lot of hard work. After all, it’s not something which is commonly seen in the modern world, and the concept can be extremely alien to all of us who are ready to make changes. This means that fear of the unknown can hold us back. We are so used to accumulating more items rather than getting rid of them that it’s only natural for us to feel some apprehension or even abject terror at the idea of doing something so contrary to what we’re familiar with.



**S16 :** What if we need those items at some future point? What if we accidentally throw away something with sentimental value? What if we’re just filled with regret afterwards?



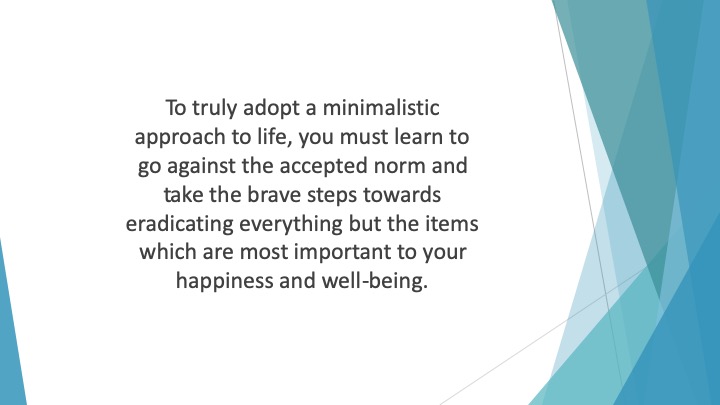
**S17 :** Even if you’re fully committed to eradicating useless and valueless items from your life, identifying which of your possessions fall into those categories can be more difficult than you ever imagined. We tend to overthink things and try to associate importance with items that don’t deserve it.



**S18 :** This makes it extremely challenging to take the final step of getting rid of non-essentials.



**S19 :** The modern world is a highly pressured place. We feel the sway of marketers and the media telling us that we should be working towards accumulating more possessions, not getting rid of them. That somehow, we’re failures if we don’t have a house that’s overflowing with the latest products. While we may know at some level that this is nonsense, it’s hard to go against the common belief when it has become so engrained throughout society today.

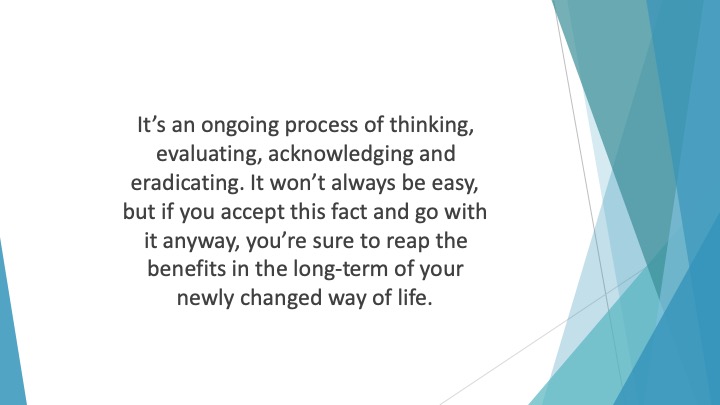


**S20 :** To truly adopt a minimalistic approach to life, you must learn to go against the accepted norm and take the brave steps towards eradicating everything but the items which are most important to your happiness and well-being.

If you could follow an anxious mind, you might see patterns of unfavorable thoughts that keep playing on and off. These thoughts might be triggers to the anxiety itself, and so addressing them is very important.

****

**S21 :** Most of all, you need to understand that adopting a minimalistic approach to life is something which takes time. It certainly isn’t something which you can simply achieve overnight.



**S22 :** It’s an ongoing process of thinking, evaluating, acknowledging and eradicating. It won’t always be easy, but if you accept this fact and go with it anyway, you’re sure to reap the benefits in the long-term of your newly changed way of life.