

ADHD & ENVIRONMENT

Conquering the Doom Room: Reclaiming Your Space.

A "Doom Room" is a space where items pile up because of delayed decisions or sensory overwhelm. Here's how to reclaim it.

The Doom Room isn't a character flaw — it's a symptom of decision fatigue, object permanence issues, and sensory sensitivity. Understanding why it happens is the first step to changing it.

3×

More likely to have significant clutter problems if you have ADHD. The Doom Room isn't a character flaw — it's a symptom of decision fatigue, object permanence issues, and sensory sensitivity.

WHY ADHD CREATES DOOM ROOMS — IT'S NOT LAZINESS

Object permanence issues mean that out of sight is genuinely out of mind. Things get put down "temporarily" and then forgotten — because the ADHD brain doesn't maintain a mental map of where things are.

Decision fatigue means that every item requiring a decision ("where does this go?") depletes executive function. Eventually the brain stops deciding and starts piling.

Sensory overwhelm can make cluttered spaces feel unbearable — but also make the task of decluttering feel equally overwhelming. This creates a paralysis loop.

PRACTICAL TOOLS — WHAT ACTUALLY HELPS

1

15-Minute Blitz

Set a timer for 15 minutes. Sort only into three piles: keep, donate, bin. No decisions beyond that.

2

One Surface Rule

Choose one surface to keep clear. Just one. Build from there.

3

Open Storage

Use open shelves and clear containers. If you can see it, you'll use it and return it.

4

Decision Batching

Batch decisions about where things live. Do it once, label it, and make it a habit.

5

Body Double Cleaning

Clean alongside someone — in person, on video, or with a podcast. Reduces overwhelm.

6

Compassionate Reset

The room got messy because of how your brain works. It's not a moral failing. Just start.

"ADHD coaching that works with your brain, not against it."

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