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How to Keep House While Drowning by KC Davis

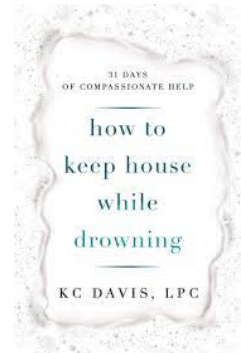
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Category: Behavioral Change

(97 von 100)

Why: I must clean the room and move out, but my unemployed lifestyle pulled me back.

Goal: Learn how to get going with the cleaning and stop blaming myself.



Action: Do it “Good enough” is Perfect.

3 Key Concepts

1. Split one task to multiple steps.
2. Learn self-compassion, flaws are common.
3. Your space exist to serve you.

Summary

Pre-reading material: strugglecare.com, self-compassion.org



How to do it so?

Lower your bar of perfection to the actionable small tasks. Take pride in a small success.

This book suggests ways to motivate you to clean, to lower the bar for yourself. Increases the chance of success in cleaning.

Deconstruction

Cleaning anything requires too much effort. Instead, split **them down to pieces**.

- Put used clothes in the basket.
 - Put in the washer.
 - Take out detergent.
 - Take out softener.
 - ...
-

We are all not perfect

While self-esteem is about comparing and knowing that you are better than the average. Self-compassion is the opposite. It is about seeing that we are all flawed and must be kind to ourselves on these facts.

In this case, learn about how you tend to procrastinate after a meal or during a certain TV show. And account for these temptations. Then, make it as easy as possible for your imperfect self to carry on cleaning.

Trick: do something that would make you like yourself, start liking yourself, and automatically take care of yourself.

Believe it or not, not liking yourself is the definition of low self-esteem. To ask anybody to take care of someone they do not like is impossible and insane.

Think in terms of functionality

Do not set a bar for yourself that you are a good person, so you must clean. Instead, say that I need this place to be cleaned to do tasks A, B, and C. The key is to extract your self-esteem from these cleaning tasks.



To sum up

I find some comments in this book amusing, like “Eat something sweet. Get the blood sugar up and find a great song to put on.” Because when I did that, not only did I get fatter, I started dancing energetically, and the work is never done.

We all procrastinate not only on dishwashing or bedroom cleaning but any daunting task in general. This book suggests that we admit our flaws and work around the human mind with **compassion**.

“ You are not responsible
for saving the world if
you are struggling to
save yourself.

KC. Davis

Check out this blog on taking care of yourself as you are responsible for yourself: [Rule no. 2 of 12 Rules for Life](#) by Jordan Peterson.



Be a good friend to others and also to yourself.

Goal check: I learned that blaming myself is not helping, and now I started packing up again in small bags.

Wasu's Review
(2.5 / 5.0)



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