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The world of each person is slowly and steadily filled with things — gifts, purchases, equipment, Souvenirs. Therefore, you need to get rid of junk, so as not to clutter your apartment and not turn it into trash. Sometimes a huge amount of junk accumulates in the house, but the hand does not rise to throw it all away.

The true value of things consists of a combination of two factors — attitude and utility. The attitude to a thing usually depends on the way it is acquired. A vivid example is a photo, a CD with a video recording, a book with the author's autograph specially for you — a part of the history of your life. When things lose their true value, they become junk. In other words, the thing ceases to be useful. The amount of junk in a person's home always depends on the amount of "internal junk" in their mind. Every third or fourth Russian (27 percent) does not dare to get rid of old clothes, underwear or shoes. Things we "refer" to the cottage or put in the garage "just in case". Some people are very sorry to throw away household appliances and electronics, toys and objects that represent memories. As they say in many articles about fashion, every 5 years you need to get rid of everything. Some things go out of fashion, others empty the shelves of old things, buying new ones. There are situations when before you throw away old things, you start to consider them. Something will seem valuable. You will think about some object that it will still be useful. And some of it will be related to a precious memory. As a result, we don't throw anything away.

Each item has its own time and place. Any thing will be right only for you, if you need it so much that you do not fall into dependence on it. So I found out that a large number of people still find it difficult to part with their things, whether they are old or unnecessary.