

'IT'S NOT YOU, IT'S CLUTTER': JUNK.COM HIGHLIGHTS POST-BREAKUP DECLUTTERING TRENDS AHEAD OF VALENTINE'S DAY

DALLAS, TX, UNITED STATES, February 2, 2026 /EINPresswire.com/ -- As Valentine's Day approaches and the new year's focus on fresh starts continues, [junk.com](https://www.junk.com) is drawing attention to a growing trend tied to major life transitions: post-breakup decluttering.

Reports indicate the end of a relationship often coincides with an increase in household cleanouts, as individuals reassess their living spaces and remove items associated with past chapters. From furniture and electronics to personal mementos, relationship transitions frequently result in a physical reorganization of the home.



Junk.com helps homeowners “break up with their junk,” removing unwanted furniture, appliances, and clutter to support a fresh start this February.

“Breaking up isn’t just an emotional experience — it often leads to physical changes in a person’s environment,” said Nicole Turturici, CEO of Junk.com. “Many people want their spaces to reflect where they are headed, not where they have been.”

Recent studies have linked cluttered living environments to increased emotional fatigue and stress, while decluttering has been shown to support feelings of clarity and relief. According to research cited by organizing and wellness professionals, more than 75% of individuals report an immediate sense of relief after decluttering their homes.

Based on observations from Junk.com teams nationwide, several categories of items are most commonly removed following a breakup:

Furniture: Beds, mattresses, and shared seating pieces

Clothing and Gifts: Apparel, jewelry, and sentimental items

Photos and Memorabilia: Framed photos, letters, and keepsakes

Electronics: Shared devices and unused technology

“These cleanouts often represent more than just removing physical items,” added Turturici. “They mark a transition and a conscious effort to create space for what comes next.”

In recognition of this seasonal trend, Junk.com is [offering a limited-time promotion](#) on junk removal services throughout February.

[About Junk.com](#)

Junk.com is a nationwide provider of residential and commercial junk removal services, offering same-day service in markets across the United States. The company emphasizes responsible disposal practices, including donation and recycling, to minimize environmental impact. Junk.com supports homeowners, businesses, and large-scale projects by simplifying the decluttering process. More information is available at www.junk.com.

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