

Hoarding Resources

Self-Help Questions

To get you started, or keep you going!

Question About Acquiring:

- Do I have an immediate use for it?
- Do I need it? How many do I already have?
- Can I get by without it?
- Do I feel compelled to have it?
- Can I afford it comfortably?
- Do I have time to deal with it appropriately i.e. ? maintain it?

Questions About Discarding:

- Do I need it?
- Do I have a plan to use this?
- Have I used this in the last year?
- Can I get it elsewhere i.e. the library?
- Do I have enough space for it already clear and available?
- Do I love it?

How to Organize & Let Go:

- Start with one area; spend as many future work periods as needed to complete your goal for this area
- If entrances, exits or areas near heat and ignition sources for example (furnaces, stoves, portable heaters, baseboard heaters, water heaters or uncovered light bulbs), are cluttered, start with them first for safety reasons and continue working in that area until clear.
- The 1st fire safety priority is clear routes into and out of the residence.
- The 2nd priority is entrance and exits from each room.
- Caution: Extension cords should not be used for permanent wiring purposes i.e. instead of adequate electrical outlets connected to the electrical panel.
- Make sure smoke detectors are functioning.

Hoarding Resources

Self-Help Questions

- Begin by creating categories for possessions.
- Sort into discard, recycle / giveaway & keep piles.
- Use questions provided in "Acquiring & Discarding" Sections to decide.
- Continue until chosen area is clear.
- Imagine and plan and a more pleasing use for the cleared area.
- Plan for preventing new clutter buildup for that area by following the ideas in "Relapse Prevention".