

# Hoarding Resources

## Self-Help Questions

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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 a 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.

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- 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 a more pleasing use for the cleared area.
- Plan for preventing new clutter buildup for that area by following the ideas in "Relapse Prevention".