
Downward Arrow Form

Item: _____

In thinking about not acquiring or getting rid of (discarding, recycling, selling, giving away) this, what thoughts occur to you?

If you didn't acquire or got rid of this, what do you think would happen?

If this were true, why would it be so upsetting? (What would it mean to you? Why would that be so bad?)

If that were true, what's so bad about that?

What's the worst part about that?

What does that mean about *you*?

Additional copies of the Downward Arrow Form can be found in the Appendix.