

AM I A HOARDER?

	Always True	Mostly True	Sometimes True	Rarely True	Never True
I only acquire things that are used immediately or soon	_____	_____	_____	_____	_____
Acquiring more does not interfere with normal activities	_____	_____	_____	_____	_____
Acquiring something new makes me feel good	_____	_____	_____	_____	_____
I can throw things out without difficulty or anxiety	_____	_____	_____	_____	_____
The things I keep are used on a regular basis	_____	_____	_____	_____	_____
I can find things I need in less than 5 minutes	_____	_____	_____	_____	_____
I do not save anything that others would consider garbage	_____	_____	_____	_____	_____
All areas of my home or workspace are functional	_____	_____	_____	_____	_____
My landlord would not object to the condition of my home	_____	_____	_____	_____	_____
I do not avoid getting repairs because of the state of my home	_____	_____	_____	_____	_____
Neither the Fire or Health Depts would object to my accumulation	_____	_____	_____	_____	_____
Walkways and exits are not narrowed or obstructed by my things	_____	_____	_____	_____	_____
Friends and family are not worried about me because of my things	_____	_____	_____	_____	_____
I am not reluctant to have people come over and see how I live	_____	_____	_____	_____	_____

[Hoarding Index](#) | [Home](#)