

ANALYZING YOUR OWN THOUGHTS

You may have thoughts that sustain hoarding other than those described in this material. To get these thoughts to release their hold on you, you can apply to them the same process as was demonstrated in Chapter Five:

Hoarding Sustaining Thought:

What is the thought, how does it make you feel, what emotions give rise to it (such as fear or envy), and what is the behavior that it leads to?

How is this thought untrue, deceitful, and betraying your best interests?

Moment of truth: create and use probing questions to see what such thinking is really doing to your life

Tools to consider: which tools will help you overcome the thought and the emotions and behaviors it spawns

Counter-thought: create a statement that you can use to immediately debunk the thought whenever it pops into your head

Actions: what strategies will help defeat this thought? _____
