

LIFE COST OF HOARDING (optional)

In addition to direct costs purchasing items, there are many indirect costs associated with hoarding. Check those that apply to you.

EMOTIONAL

- Worry about others finding out how I live and their reactions to my hoarding
- Worry about effect of hoarding on my family
- Fear of reaction of landlord or public officials
- Feeling depressed over the condition of my space
- Worry about others touching my things
- Having low self-esteem because I can't control my hoarding
- Feeling overwhelmed about the magnitude of the clearing out task
- Feeling frustrated at all the opportunities for nice experiences missed because of hoarding
- Worry about losing things or missing deadlines because of the accumulation
- Worry about people taking things or forcing me to give up my things
- Other _____
- Other _____
- Other _____

LIFE RESTRICTION

- Being unable to have visitors
- Being unable to visit others because I can't reciprocate by having people over
- Being unable have a roommate to share cost of home
- Being unable to go away because fear of what will happen to my things while gone
- Being unable to do other activities because I feel should be working on clearing out
- Other _____
- Other _____
- Other _____
- Other _____
- Other _____