

## MY HOARDING ISSUES

Check off all emotional states that you experience on some regular basis, particularly in reference to your hoarding. As you go through the next chapter, paying special attention to the sections that relate to the emotions you have checked off will give the greatest benefit. The states listed in bold type usually apply to everyone.

	I experience this feeling			Intensity		
	<u>Daily</u>	<u>Weekly</u>	<u>Constantly</u>	<u>Weak</u>	<u>Moderate</u>	<u>Strong</u>
___ Ambivalence	___	___	___	___	___	___
___ <b>Anxiety</b>	___	___	___	___	___	___
___ <b>Avoidance/Inertia</b>	___	___	___	___	___	___
___ <b>Compulsions</b>	___	___	___	___	___	___
___ Confusion	___	___	___	___	___	___
___ Control Issues	___	___	___	___	___	___
___ <b>Depression</b>	___	___	___	___	___	___
___ Distraction	___	___	___	___	___	___
___ Excessive Responsibility	___	___	___	___	___	___
___ <b>Feeling Overwhelmed</b>	___	___	___	___	___	___
___ Identification/ Excessive Attachment	___	___	___	___	___	___
___ Impulsiveness	___	___	___	___	___	___
___ Magical Thinking	___	___	___	___	___	___
___ <b>Perfectionism</b>	___	___	___	___	___	___
___ Resentment	___	___	___	___	___	___
___ Self Pity	___	___	___	___	___	___
___ Sense of Deprivation	___	___	___	___	___	___