

MY MAINTENANCE PLAN

Overcoming hoarding is not a one-shot, clean-it-all-up-and-we're-done process. Constant vigilance and discipline will be needed to prevent relapse. Below you can check off the steps you will use to ensure that you maintain all the gains that you have worked so hard for.

THOUGHTS

To prevent myself from slipping back into old ways of thinking, I will:

- use the basic strategies
 - practice relaxation
 - use a counter-thought
 - ask myself moment-of-truth questions
 - use writing to identify when my thoughts are entering dangerous territory
 - review this book and other materials and books on the subject
 - use the tools suggested for the particular thoughts I have
 - keep using the exercises to become more clear and identify needed actions
 - other _____
-

EMOTIONS

To prevent myself from slipping back into old ways of feeling, I will:

- watch my behavior for red flags, especially those to which I know I am susceptible
 - employ the strategies suggested for the emotions I checked off on *My Feeling States*
 - study the strategies for other emotions to see what will help me
 - make my own list of strategies and employ those
 - exercise
 - change my self-talk
 - maintain a schedule of healthy activities
 - go to 12-step meetings
 - write in my journal
 - read about emotional healing and control
 - keep using the exercises to become more clear and identify needed actions
 - use mantras _____
 - other _____
-

BEHAVIOR

To prevent myself from slipping back into old ways of acting, I will:

- maintain measures to stop the influx of new items
 - create a budget and stick to it
 - avoid places where I acquire things I don't need
 - reduce shopping trips and always shop with a list
 - identify categories needed to organize my things
 - create systems for organizing and implement them
 - other _____
-