

MY MOTIVATORS FOR CHANGE

After checking off the reasons for wanting to stop hoarding that are meaningful for you on this list and writing in any others that you have, you might want to make copies of it and post them in places where you will see it if your motivation for doing the work of overcoming hoarding lapses. This will help you stay on track.

- I will have many fewer risks (fire, earthquake, falls, infestations).
- My anxiety and depression will be less.
- My social and family relations will improve.
- My self-esteem will improve.
- I will have a more comfortable and functional, better-looking home or office.
- My health will improve from improved sanitation and home cooking.
- I will have better interactions with landlords and neighbors.
- My prospects for a stable life will be better.
- I want have more time and be able to finish my projects because finding things and getting things done will be easier.
- My likelihood of legal problems will be reduced.
- I will have enhanced creativity because my space will support my aspirations.
- My future prospects will be better.
- I will live without the pain hoarding causes.
- I will be able to do many more activities that I enjoy.
- I will be able to enjoy my space and feel comfortable in it.
- I will be able to invite friends over to visit and won't have to hide and keep secrets any more.
- I will have better control over and use of my money.
- I want to keep my blinds open.
- I want clean, dust-free surfaces.

Add motivators that will help you below (please share your ideas with others).
