

MY READINESS FOR CHANGE

Check off every statement that is true for you. It is not necessary for every statement to be true for progress to be made on your recovery from hoarding. You will likely find that your answers to some of these questions will change during the process of overcoming hoarding.

- I want to stop hoarding more than anything
- I am eager to change and be happy
- I see my hoarding as an addiction and I am ready to kick the habit
- I recognize that my addiction is fueled by my own thoughts and emotions
- I recognize that my thoughts and emotions have no power over me except what I give them
- I know that ending hoarding may be difficult and I am prepared to face that
- I know that stopping hoarding may cause anxiety and I am ready to cope with that
- I am willing to let go of the past and accept that I cannot change or compensate for it
- I am ready to let go of my pain and be responsible for myself
- I want to change my negative emotions and thoughts
- I am ready to stop bringing in new things
- I am ready to begin clearing out things I already have

GOALS - MY REASONS FOR WANTING TO OVERCOME HOARDING

- I want to be safe from fire, natural disaster, or falls.
- I want to reduce the risk of pests and illness.
- I want to reduce the risk of eviction or other legal consequences.
- I want to improve health conditions in my home.
- I want to have visitors without embarrassment or fear.
- I want to reduce unnecessary expenses
- I want to improve my nutrition.
- I want to better use the space in my home or office.
- I want my space to nurture good mental health.