

PAIN vs. PLEASURE EXPLORATION

Every item you resist giving up costs you in many ways, but many hoarders think only about the pleasures that items might give. Here, look at the effects of keeping the items on various aspects of your life. Look only at actual pleasures not hypothetical ones (signaled by use of words like 'if, might, could, would'). The 'Pain' items, if honestly done, will greatly outweigh the items in the 'Pleasure' column in both importance and number.

PAIN

PLEASURE

Body

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Time

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Space

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Mental health

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Finances

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Family / Friends / Community

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Other

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