

STOPPING THE INFLUX PLAN

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

___ maintain measures to stop the influx of new items for (duration) _____

___ create a budget and follow it (when) _____

___ avoid places where I acquire things I don't need (list) _____

___ cancel online vendor permissions (beginning) _____

___ cancel catalogs (beginning) _____

___ reduce shopping trips to (frequency) _____

___ review risks (beginning) _____

___ shop with a list (beginning) _____

___ shop with a friend (who) _____

___ stop credit card offers (beginning) _____

___ pay with cash (beginning) _____

___ record my spending (beginning) _____

___ record my time use (beginning) _____

___ pick a time for clearing out and organizing and stick to it:
time _____ AM / PM duration _____ (hours or minutes)

___ schedule other activities (which) _____

___ take before and after photos (beginning) _____

___ write about my feelings using (technique) _____

___ other _____

___ other _____

___ other _____

___ other _____

___ other _____

___ other _____

___ other _____