

TAMING MY EMOTIONS PLAN

Check off the strategies that you will employ to deal with the issues identified in Chapter 7. The strategies listed below are compressed but they match up with the strategies marked in bold in the text under each issue. The Constant column means that this is a discipline that you want to keep in mind as continually as possible. Be gentle with yourself – developing this level of awareness will take time and effort.

	I need to employ this strategy			
	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
___ Ambivalence				
___ remember your goals	_____	_____	_____	_____
___ study motivators	_____	_____	_____	_____
___ review <i>My Life Post-Hoarding</i>	_____	_____	_____	_____
___ read about hoarding	_____	_____	_____	_____
___ consider the future	_____	_____	_____	_____
___ give myself a treat	_____	_____	_____	_____
___ imagine Jabba the Hutt	_____	_____	_____	_____
___ straighten my posture	_____	_____	_____	_____
___ write to clarify feelings	_____	_____	_____	_____
___ change my self-talk to _____				
___ mantra _____				
___ other _____				

	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
___ Anxiety				
___ remember the source	_____	_____	_____	_____
___ visualization	_____	_____	_____	_____
___ perspective	_____	_____	_____	_____
___ acceptance	_____	_____	_____	_____
___ practice relaxation	_____	_____	_____	_____
___ calm my breath	_____	_____	_____	_____
___ massage	_____	_____	_____	_____
___ bath	_____	_____	_____	_____
___ calm fear of waste	_____	_____	_____	_____
___ craft a strategy list	_____	_____	_____	_____
___ stop all activity until calm	_____	_____	_____	_____
___ exercise	_____	_____	_____	_____
___ find an uplifting activity	_____	_____	_____	_____
___ laugh, smile	_____	_____	_____	_____
___ imagine a mosquito	_____	_____	_____	_____
___ dress up	_____	_____	_____	_____
___ sing	_____	_____	_____	_____
___ supportive person	_____	_____	_____	_____
___ reality assessment	_____	_____	_____	_____
___ medication	_____	_____	_____	_____

__ change my self-talk to _____

__ mantra _____

__ other _____

<u>___ Avoidance/Inertia</u>	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
__ constructive action	_____	_____	_____	_____
__ unacceptable excuses list	_____	_____	_____	_____
__ daily upkeep tasks	_____	_____	_____	_____
__ list consequences	_____	_____	_____	_____
__ reframe process	_____	_____	_____	_____
__ force myself	_____	_____	_____	_____
__ make clearing easy	_____	_____	_____	_____
__ time limit	_____	_____	_____	_____
__ hire a helper	_____	_____	_____	_____
__ visitor	_____	_____	_____	_____
__ sing loudly	_____	_____	_____	_____
__ make a game of it	_____	_____	_____	_____

__ change my self-talk to _____

__ mantra _____

__ other _____

<u>___ Compulsions</u>	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
__ visualize a genie	_____	_____	_____	_____
__ desensitization	_____	_____	_____	_____
__ get support	_____	_____	_____	_____
__ use a mantra	_____	_____	_____	_____
__ boggart charm	_____	_____	_____	_____
__ imagine scouts	_____	_____	_____	_____

__ change my self-talk to _____

__ mantra _____

__ other _____

<u>___ Confusion</u>	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
__ only one item	_____	_____	_____	_____
__ get a helper	_____	_____	_____	_____
__ identify needed systems	_____	_____	_____	_____
__ most important task	_____	_____	_____	_____
__ get busy	_____	_____	_____	_____
__ TV, DVD	_____	_____	_____	_____
__ imagine a puzzle	_____	_____	_____	_____

__ change my self-talk to _____

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Control Issues	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
__ reading	_____	_____	_____	_____
__ anger moratorium	_____	_____	_____	_____
__ improve interactions	_____	_____	_____	_____
__ accept input	_____	_____	_____	_____
__ practice kindness	_____	_____	_____	_____
__ writing	_____	_____	_____	_____
__ change my self-talk to _____	_____	_____	_____	_____

__ mantra _____

__ other _____

Depression	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
__ be optimistic	_____	_____	_____	_____
__ take action	_____	_____	_____	_____
__ self compassion	_____	_____	_____	_____
__ clear things out	_____	_____	_____	_____
__ get moving	_____	_____	_____	_____
__ stop the influx	_____	_____	_____	_____
__ volunteer	_____	_____	_____	_____
__ socialize	_____	_____	_____	_____
__ laugh	_____	_____	_____	_____
__ give thanks	_____	_____	_____	_____
__ generate endorphins	_____	_____	_____	_____
__ change my self-talk to _____	_____	_____	_____	_____

__ mantra _____

__ other _____

Distractability	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
__ quota	_____	_____	_____	_____
__ time limit	_____	_____	_____	_____
__ timer	_____	_____	_____	_____
__ visual calm	_____	_____	_____	_____
__ small tasks	_____	_____	_____	_____
__ to-do list	_____	_____	_____	_____
__ time management	_____	_____	_____	_____
__ short sessions	_____	_____	_____	_____
__ visitor reminders	_____	_____	_____	_____
__ turn off gadgets	_____	_____	_____	_____
__ answering machine	_____	_____	_____	_____
__ tell my friends	_____	_____	_____	_____

blinders _____
 super-fast clearing _____
 change my self-talk to _____
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<input type="checkbox"/> Excessive Responsibility	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
<input type="checkbox"/> public recycling system	_____	_____	_____	_____
<input type="checkbox"/> call people before buying	_____	_____	_____	_____
<input type="checkbox"/> time limit	_____	_____	_____	_____
<input type="checkbox"/> Freecycle	_____	_____	_____	_____
<input type="checkbox"/> volunteer	_____	_____	_____	_____

change my self-talk to _____
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<input type="checkbox"/> Feeling Overwhelmed	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
<input type="checkbox"/> block thoughts	_____	_____	_____	_____
<input type="checkbox"/> quickest task	_____	_____	_____	_____
<input type="checkbox"/> one minute	_____	_____	_____	_____

change my self-talk to _____
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<input type="checkbox"/> Identification/Attachment	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
<input type="checkbox"/> write	_____	_____	_____	_____
<input type="checkbox"/> evaluate memories	_____	_____	_____	_____
<input type="checkbox"/> contemplate the future	_____	_____	_____	_____
<input type="checkbox"/> memorialize loved ones	_____	_____	_____	_____
<input type="checkbox"/> de-bunk before	_____	_____	_____	_____
<input type="checkbox"/> good attachments	_____	_____	_____	_____
<input type="checkbox"/> encourage spiritual/artistic side	_____	_____	_____	_____

change my self-talk to _____
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<input type="checkbox"/> Impulsivity	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
<input type="checkbox"/> answer questions	_____	_____	_____	_____
<input type="checkbox"/> focus on buyer's remorse	_____	_____	_____	_____

<input type="checkbox"/> essential shopping	_____	_____	_____	_____
<input type="checkbox"/> essentials list	_____	_____	_____	_____
<input type="checkbox"/> wait 24 hours	_____	_____	_____	_____
<input type="checkbox"/> channel energy	_____	_____	_____	_____

change my self-talk to _____

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<input type="checkbox"/> Magical Thinking	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
<input type="checkbox"/> specific commitments	_____	_____	_____	_____
<input type="checkbox"/> objective language	_____	_____	_____	_____
<input type="checkbox"/> identify steps and do-er	_____	_____	_____	_____
<input type="checkbox"/> tiny steps	_____	_____	_____	_____
<input type="checkbox"/> just do it	_____	_____	_____	_____

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<input type="checkbox"/> Perfectionism	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
<input type="checkbox"/> monitor thinking	_____	_____	_____	_____
<input type="checkbox"/> end speculating	_____	_____	_____	_____
<input type="checkbox"/> all sides, nuances	_____	_____	_____	_____
<input type="checkbox"/> all-or-nothing thinking	_____	_____	_____	_____
<input type="checkbox"/> time limits	_____	_____	_____	_____
<input type="checkbox"/> interim decisions	_____	_____	_____	_____
<input type="checkbox"/> comprehensive to-do list	_____	_____	_____	_____
<input type="checkbox"/> humor	_____	_____	_____	_____

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<input type="checkbox"/> Resentment	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
<input type="checkbox"/> forgiveness	_____	_____	_____	_____
<input type="checkbox"/> focus on your offences	_____	_____	_____	_____
<input type="checkbox"/> understand others	_____	_____	_____	_____
<input type="checkbox"/> shape own destiny	_____	_____	_____	_____
<input type="checkbox"/> read AA <i>Big Book</i>	_____	_____	_____	_____
<input type="checkbox"/> fair fighting	_____	_____	_____	_____
<input type="checkbox"/> what will improve	_____	_____	_____	_____
<input type="checkbox"/> how little time	_____	_____	_____	_____
<input type="checkbox"/> stay in NOW	_____	_____	_____	_____

__ change my self-talk to _____

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__ other _____

<u>Self-Pity</u>	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
__ squash excuses	_____	_____	_____	_____
__ cosmic perspective	_____	_____	_____	_____
__ worth unhappiness	_____	_____	_____	_____
__ compassion	_____	_____	_____	_____
__ active progress	_____	_____	_____	_____
__ assess character	_____	_____	_____	_____
__ factual language	_____	_____	_____	_____
__ gratitude list	_____	_____	_____	_____

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__ other _____

<u>Sense of Deprivation</u>	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
__ other's troubles	_____	_____	_____	_____
__ benefits of experience	_____	_____	_____	_____
__ resist notion	_____	_____	_____	_____
__ best self-care	_____	_____	_____	_____
__ acceptance	_____	_____	_____	_____
__ study self-pity	_____	_____	_____	_____
__ volunteer	_____	_____	_____	_____

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__ other _____

<u>Overall strategies</u>	<u>Constant</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>
__ relaxation	_____	_____	_____	_____
__ re-read this book	_____	_____	_____	_____
__ Cognitive Bhvrl Therapy	_____	_____	_____	_____
__ Clutterers Anonymous	_____	_____	_____	_____

__ Other _____