

10 Most Common Things Hoarded

1. paper especially newspaper
2. the things used in everyday life which don't get put away
3. excessive recycling materials which don't get recycled
4. clothing
5. plastic bags
6. sentimental things which tell a story of happier times
7. mechanical things, car parts, electronic equipment and parts, tools, nuts, bolts, screws, building materials
8. wool, fabric, craft supplies
9. furniture
10. animals

5 Red Flags that Hoarding might be becoming a problem

1. How many areas of your home can't be used for their intended purpose, without shifting things around?
2. How easy is it to find things when you want them?
3. How difficult is it to walk through each of the rooms of your home because of clutter?
4. To what extent are furniture tops cluttered?
5. When you see things you want, do you feel compelled to have them?

QUIZ: Are you a Hoarder in the making?

0 = Not at all; 2 = mild; 4 = moderate; 6= severe; 8= extreme

1. Because of the number of possessions you have, how difficult is it to use the rooms in your Home (0-8)
2. A) How upsetting is it for you to have your home in its current condition?

2B) How upsetting/concerning is it for others to have the home in its current condition?
3. Have other people/agencies tried to intervene (offer to help you tidy up) because of the clutter?

4. **How difficult / distressing is it for you to get rid of things?**
5. **How often have you spent money you don't really have because you saw something and "just had to have**
6. **it"?**

TO THOSE WHO HOARD AND THOSE WHO LOVE THEM

Sometimes life gets out of hand and we try & try to get a handle on things but what we intended to accomplish and expected to be a realistic plan doesn't work out as hoped, leaving us feeling discouraged, overwhelmed and defeated?

Elaine Birchall MSW, RSW of BIRCHALL CONSULTING will help you get started and support you to keep going until you reach your goals. She will help you find the help you need in your area. You deserve to live a life without clutter, guilt, blame, self criticism and feeling overwhelmed.

IMPACT OF HOARDING

Hoarding wastes the one life you get. It comes between you and enriching relationships. It is a poor substitute for the emotional comfort of loved ones. It overwhelms you and leaves you ashamed and isolated.

There is help available and a way out from under. You must take the first step and ask for help, and keep asking until you find someone who really listens!

Hoarding is an individuals internal response to the stresses in their life sometimes complicated by other accompanying health problems.
Our consumer society greases the slippery slope!