

Self-Look at Compulsive Hoarding



For each item, indicate how much you agree or disagree with the statement.

1. How much of the living area in your home is cluttered with possessions? (Consider the amount of clutter in your kitchen, living room, dining room, hallways, bedrooms, bathrooms, and other rooms).

Not at all Just a little Somewhat Most/Much Almost All/Complete

2. How much control do you have over your urges to get more possessions?

Not at all Just a little Somewhat Most/Much Almost All/Complete

3. How much of your home does clutter prevent you from using?

Not at all Just a little Somewhat Most/Much Almost All/Complete

4. How much control do you have over your urges to save more stuff and possessions?

Not at all Just a little Somewhat Most/Much Almost All/Complete

5. How much of your home is difficult to walk through because of clutter?

Not at all Just a little Somewhat Most/Much Almost All/Complete

6. To what extent do you have difficulty throwing things away?

Not at all Just a little Somewhat Considerably Extreme

7. How distressing do you find it to throw things away?

Not at all Just a little Somewhat Considerably Extreme

8. To what extent do you have so many things that your rooms are cluttered?

Not at all Just a little Somewhat Considerably Extreme

9. How distressed or uncomfortable would you feel if you could not get or acquire something you wanted?

Not at all Just a little Somewhat Considerably Extreme

10. How much does clutter in your home interfere with your social, work or everyday functioning? Think about things that you don't do because of clutter.

Not at all Just a little Somewhat Considerably Extreme

11. How strong is your urge to buy or acquire free things for which you have no immediate use?

Not at all Just a little Somewhat Considerably Extreme

12. To what extent does clutter in your home cause you upset or distress?

Not at all Just a little Somewhat Considerably Extreme

13. How strong is your urge to save something you know you may never use?

Not at all Just a little Somewhat Considerably Extreme

14. How upset or distressed do you feel about your acquiring habits?

Not at all Just a little Somewhat Considerably Extreme

15. How much do you feel unable to control the clutter in your home?

Not at all Just a little Somewhat Considerably Extreme

16. How much has your saving or compulsive buying resulted in financial problems for you?

Not at all Just a little Somewhat Considerably Extreme

17. How often do you avoid trying to discard possessions and stuff because it is too stressful or time consuming?

Not at all Just a little Somewhat Considerably Extreme

18. How often do you feel compelled to acquire something you see? e.g., when shopping or offered free things?

Not at all Just a little Somewhat Considerably Extreme

19. How often do you decide to keep things that you do not need and have little space for?

Not at all Just a little Somewhat Considerably Extreme

20. How frequently does clutter in your home prevent you from inviting people to come over or visit?

Not at all Just a little Somewhat Considerably Extreme

21. How often do you actually buy (or acquire for free) things for which you have no immediate use or need?

Not at all Just a little Somewhat Considerably Extreme

22. To what extent does the clutter in your home prevent you from using parts of your home for their intended purpose? For example, cooking, using furniture, washing dishes, cleaning, etc.

Not at all Just a little Somewhat Considerably Extreme

23. How often are you unable to discard a possession you would like to get rid of?

Not at all Just a little Somewhat Considerably Extreme

Call Phoenix Associates, Inc. at 260.424.0411 to discuss your results.