

QUIZ: Are you a Hoarder in the Making?™

RATING SCALE

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

Ask yourself....	Your Rating (0-8)
1. Because of the number of possessions you have, how difficult is it to use the rooms in your home?	
2. How upsetting is it for you to have your home in its current condition?	
3. How upsetting/concerning is it for others to have the home in its current condition?	
4. Have other people/agencies tried to intervene (offered to help you tidy up) because of the clutter?	
5. How difficult / distressing is it for you to get rid of things?	
6. How often have you spent money you don't really have because you saw something and "just had to have"?	
Add up all your ratings for questions 1-6 to get your TOTAL SCORE→	

RESULTS

0 – 10 = You probably have a mild clutter situation in your home. Welcome to the real world!

11 – 20 = The clutter in your home is at a moderate level. It's time to have a closer look at why it keeps happening. An ounce of prevention is worth a pound of cure!

21- 36 = The accumulation in your home is at, or approaching a severe level. This is about more than being "messy" or too busy". Would you agree that you are overwhelmed? Do you repeatedly start but get nowhere? It's time to get the help you need.

37 – 48 = The accumulation in your home is extreme. The people (and animals) in the house may be in danger. If you live in attached accommodation, your neighbors share your risk. Without a doubt, it is time to get help. Please make the call NOW.

HOWEVER!

- ✓ If you scored above 2 to questions 1, 4, or 5, assess your situation and ask for feedback from someone you trust who knows you, then ask for help accordingly.
- ✓ If you answered 2 to most questions, keep an eye on your situation. These questions are red flags. Many people who Hoard "wake up" one day and ask "when did this happen"?
- ✓ If you answered 4 or higher to questions 2, 3, or 6, ask for feedback from a trusted friend who knows you. Search yourself for the reasons for your ratings, and assess your ability to tackle the problems yourself. If you need to try to do it yourself but if you are not making progress in a month, call for help. A month becomes a year very easily.
- ✓ If you have tried unsuccessfully numerous times, seek help to manage what may develop (or have already developed) into a more serious problem.