

## SAVING INVENTORY

For each question below, circle the number that corresponds most closely to your experience DURING THE PAST WEEK

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, or other rooms).

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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2. How much control do you have over your urges to acquire possessions?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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3. How much of your home does clutter prevent you from using?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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4. How much control do you have over your urges to save possessions?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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5. How much of your home is difficult to walk through because of clutter?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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6. To what extent do you have difficulty throwing things away?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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### 7. How distressing do you find the task of throwing things away?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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### 8. To what extent do you have so many things that your room(s) are cluttered?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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### 9. How distressed or uncomfortable would you feel if you could not acquire something you wanted?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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### 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.

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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### 11. How strong is your urge to buy or acquire free things for which you have no immediate use?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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### 12. To what extent does clutter in your home cause you distress?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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### 13. How strong is your urge to save something you know you may never use?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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### 14. How upset or distressed do you feel about your acquiring habits?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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### 15. To what extent do you feel unable to control the clutter in your home?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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### 16. To what extent has your saving or compulsive buying resulted in financial difficulties for you?

0 _____ None	1 _____ A little	2 _____ A moderate amount	3 _____ Most/ Much	4 _____ Almost All Complete
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### 17. How often do you avoid trying to discard possessions because it is too stressful or time consuming?

0 _____ Never	1 _____ Rarely	2 _____ Sometimes/Occasionally	3 _____ Frequently/ Often	4 _____ Very Often
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### 18. How often do you feel compelled to acquire something you see? (e.g., when shopping or offered free things)?

0 _____ Never	1 _____ Rarely	2 _____ Sometimes/Occasionally	3 _____ Frequently/ Often	4 _____ Very Often
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### 19. How often do you decide to keep things you do not need and have little space for?

0 _____ Never	1 _____ Rarely	2 _____ Sometimes/Occasionally	3 _____ Frequently/ Often	4 _____ Very Often
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**20. How frequently does clutter in your home prevent you from inviting people to visit?**

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_  
Never Rarely Sometimes/Occasionally Frequently/ Often Very Often

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

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_  
Never Rarely Sometimes/Occasionally Frequently/ Often Very Often

**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.**

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_  
Never Rarely Sometimes/Occasionally Frequently/ Often Very Often

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

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_  
Never Rarely Sometimes/Occasionally Frequently/ Often Very Often

**Source: Steketee and Frost *Compulsive Hoarding and Acquiring: Therapist Guide 2007***