

## CHAPTER 16

# Resources

**TABLE 16.1**

## Index to Resources in This Book and Online

| <b>RESOURCE</b>                        | <b>LOCATION</b>  | <b>DESCRIPTION</b>  |
|--|--|---|
| Activities of Daily Living Assessment  | Table 2.2, p. 46   | This tool helps you assess your ability to carry out necessary activities of daily living. It helps you assess how severely you may be adapting to unsafe and unhealthy conditions due to hoarding.   |
| Animal Hoarding: Devotion or Disorder? | Resource A (available online at <a href="http://jhupbooks.press.jhu.edu/title/conquer-clutter">jhupbooks.press.jhu.edu/title/conquer-clutter</a> ) | This resource lists five psychiatric models for animal hoarding. (The sixth model describes the commercial abuse of animals for profit.) These psychiatric models may be used to describe the well-established clinical intervention strategies applicable to each type of behavior. This resource discusses overpopulation in shelters and describes the conundrum that municipalities find themselves in with animal hoarding. It also speaks to the criteria for wellness of animals and offers some thoughts on the initial steps people can take if they feel that caring for the animals they have is getting out of their control. |
| Breathing to Destress                  | Resource 16.1, pp. 233–34  | This user-friendly relaxation breathing technique can bring anyone stressed or anxious back to centered and calm while on the go in any location.   |

| RESOURCE  | LOCATION   | DESCRIPTION   |
|---|--|---|
| Building Your Conceptual Model of Hoarding  | Resource B (available online at <a href="http://jhupbooks.press.jhu.edu/title/conquer-clutter">jhupbooks.press.jhu.edu/title/conquer-clutter</a> ) | This comprehensive tool covers an extensive cross-section of life experiences and situations that can influence how you approach your life and your things. The tool can also be used as an interview template by professionals. It is an expanded version of a similar tool developed by Randy O. Frost, PhD, adapted based on experiences that have been expressed to me by my clients. |
| Calculating Environmental Risk  | Resource C (available online at <a href="http://jhupbooks.press.jhu.edu/title/conquer-clutter">jhupbooks.press.jhu.edu/title/conquer-clutter</a> ) | This tool is designed to help you calculate your risk quantitatively, according to accepted risk factors found in hoarding situations that have a high probability for fire and other safety crises. The more boxes ticked in this checklist, the higher the risk factor is for that environment.   |
| Checking in with Yourself on Danger Signs   | Chapter 2, p. 65   | This resource offers questions most frequently associated with beliefs, values, fears, and choices that support the existence of hoarding behaviors. The choices you make when organizing your environment can lead to increased risk.  |
| Clutter Checklist   | Table 2.1, pp. 44-45   | This is a portable user-friendly tool when doing inspections to assess the level and placement of clutter in living environments.   |
| Conscious Acquiring Process   | Resource 16.2, pp. 234-36  | Using this tool will help you slow down and counteract your inclination to acquire under impulsive influences, substituting conscious choices.  |
| Full Definition of Hoarding Disorder: <i>Diagnostic and Statistical Manual of Mental Disorders</i> , 5th Edition ( <i>DSM-5</i> ) | Resource 16.3, pp. 236-37  | It is important to have the official definition of hoarding in case full details are important to your situation. I include it for the benefit it provides you in your search for the help you need to take back your life when your things are taking over.  |

| <b>RESOURCE</b>  | <b>LOCATION</b>  | <b>DESCRIPTION</b>  |
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| Dos and Don'ts for Coaches in Hoarding Situations        | Resource 16.6, pp. 240-41  | This list offers helpful hints to establish positive, supportive working relationships with individuals who are living with the stressors common in hoarding situations as well as to avoid common pitfalls.                          |
| Figuring It Out  | Chapter 2, p. 66   | Questions to ask yourself to self-assess your hoarding behaviors.   |
| Hoarding Disorder and Associated Resources               | Resource 16.4, pp. 237-38  | A list of print and online resources to help you learn about and manage hoarding disorder.  |
| Hoarding Demographic Measurement Tools                   | Resource D (available online at <a href="http://www.press.jhu.edu">www.press.jhu.edu</a> )   | This tool I had developed for my hoarding demographic purposes (see the appendix) is so excellent that I wanted to offer it to readers.   |
| Hoarding Fact Sheet                                      | Resource E (available online at <a href="http://jhupbooks.press.jhu.edu/title/conquer-clutter">jhupbooks.press.jhu.edu/title/conquer-clutter</a> ) | This fact sheet is a snapshot of current facts about hoarding. It is a great starting point for individuals who hoard or those who are trying to understand hoarding better so that they can help someone they care about who hoards. |
| Online Impulsive Shopping (Problematic and Pathological) | Chapter 8, pp. 152-56  | This section breaks down three key factors that make people vulnerable to developing an online shopping addiction and offers 10 signs of compulsive online shopping.  |
| Onsite Clutter Coaching Toolkit                          | Resource F (available online at <a href="http://jhupbooks.press.jhu.edu/title/conquer-clutter">jhupbooks.press.jhu.edu/title/conquer-clutter</a> ) | There are two parts to dealing with clutter. You need help to understand and deal with the underlying reasons you hoard, but then you need to clean up the environment. This tool helps you, and those supporting you, do both.       |
| Problem Solving Using Cognitive Behavioral Therapy       | Chapter 4, p. 74   | This CBT-based set of questions simplifies problem solving. It was developed originally for emotional and relationship problems but is widely applicable.   |

| <b>RESOURCE</b>                         | <b>LOCATION</b>  | <b>DESCRIPTION</b>   |
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| Knowing Yourself worksheets 1-3         | Chapter 5, pp. 104-16  | Enormous thanks to Jane Burka and Lenora Yuen for their generosity in letting us develop these procrastination worksheets using their work as the basis. These tools will help you identify the barriers that seem so mysterious and ask yourself the right questions to get answers to your procrastination behavior. After that, you can get Burka and Yuen's book <i>Procrastination</i> to continue working to overcome procrastination. |
| Are You a Hoarder in the Making?        | Table 1.1, p. 16   | If accepting hoarding as part of your reality is difficult, try taking this quiz and, if you wish, keep the results to yourself and let the truth sink in. If hoarding is something you need to deal with, reach out for the help you need according to the risk identified in the quiz results.   |
| Environmental Risk Assessment Checklist | Chapter 2, p. 48, pp. 63-64  | Safety is always the highest priority. This tool will help identify the risk in your environment.  |
| Bring Home or Let Go?                   | Resource G (available online at <a href="http://jhupbooks.press.jhu.edu/title/conquer-clutter">jhupbooks.press.jhu.edu/title/conquer-clutter</a> ) | When the decision about acquiring something needs to be made, these questions will help you stay on track to reach the goals you have set. Making decisions to let things go can be tough. These questions will help you decide the "must have" and the "can go" items. Deciding is still hard, but you can do it.   |
| Sorting Using Elaine's Scaling Process  | Resource 16.5, pp. 239-40  | The secret to sorting is in the relationship you have with your possessions. This scaling process will help you identify the items that mean the most to you when everything feels special.  |
| My Goals Worksheet                      | Chapter 3, p. 70   | This goal-setting worksheet reminds you that setting goals to broadly balance your life, with joy, fun, play, and work, is vital to sustaining the goals you set for decluttering.   |