

Buried in Treasures Clutter Reduction & Accountability Group

Week 4: Meet the Good Guys

Slides Posted Online: <https://www.southshorecrc.org/sspch-bit-2026>

“Get rid of clutter and you may just find it was blocking the door you’ve been looking for.”

(K. Mayer)

2026 Meeting Dates & Times: Wednesdays 4:00PM-5:30PM

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|-------------|-------------|
| 1. April 7 | 7. May 19 |
| 2. April 14 | 8. May 26 |
| 3. April 21 | 9. June 2 |
| 4. April 28 | 10. June 9 |
| 5. May 5 | 11. June 16 |
| 6. May 12th | 12. June 23 |

Group Comfort Agreement:

- We try not to ask other group members personal questions.
- What’s said here, stays here.
- Please make “I” statements, only referring to your personal experiences.
- Participation is voluntary.
- The group will begin at 4:00 PM and end at 5:30 PM.
- Cell phones should be set to silent and important calls will be taken outside of the room.
- Please be on time. Contact Suzanne (so@SuzanneOtte.com) or leave a message at (508) 645-6883 for absences or late arrivals.
- Group cancellation calls will be made by noon on the day of the group.

Syllabus:

Week 1:

Introduction & Getting to Know the Group

Week 2:

Assessing Clutter and Hoarding Challenges

Week 3:

Meet the Bad Guys

Week 4:

Meet the Good Guys

Week 5:

How Did This Happen?

Week 6:

Enhancing Motivation

Week 7:

Help with Reducing Acquiring

Week 8:

Sorting & Discarding Preparation

Week 9:

Sorting & Discarding – Let’s Go!

Week 10:

Bad Guys: Motivation and Working Time

Week 11:

Bad Guys: Taking on Your Brain

Week 12:

Planning Next Steps & Celebrating Success

Session to Session:

- Handouts will be distributed at each session.
- Bring book to each session. Keep handouts and notes in one place.
- Write in your book
- Set goals!
- Practice sorting, decision making, and discarding.

Sources: (1) Shuer, L. & Frost, R.O. (2014). *Buried in Treasures Workshop Facilitator’s Guide (Version 5.0)*;(2) Tolin, D., Frost, R.O., & Steketee, G. (2014; 2nd ed.) *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding*. New York: Oxford University Press. 1

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Check-In:

- Mood rating (0-10) + share one sentence to describe a success related to your decluttering efforts.
- Share an idea that has helped to motivate you as you work to declutter.

Six “Good Guys” (Chapter 5 BIT)

- **Eyes on the Prize:** What is your prize? How different will life be when you achieve your prize?
- **Downward Arrow:** Have you ever thought something would turn out worse than it did, only to find out that it wasn't so bad after all?
- **Thinking it Through:** Have you ever been in a situation where you found a “treasure” and were able to walk away without acquiring it? How did you do that?
- **Testing it Out:** How might a successful experiment help reduce your anxiety about decision making?
- **Developing the Right Skills:** Which skills do you feel you need to develop the most?
- **Your Practice Muscle:** Are you worried that you won't be able to work for longer sessions over time?

Goals of the Program:

1. Understand why you save things.
 2. Create living space you can use.
 3. Find your things.
 4. Improve your decision-making skills.
 5. Reduce acquiring and enjoy other activities.
 6. Reduce clutter
- Which excite you the most?
 - What are your priorities?
 - Which do you think will be most difficult?

Goal Setting: At the close of each group, we will ask each person to set a short-term clutter-related goal for the upcoming week.

- Identify the problem or area you'd like to work on. Be specific.
- Define what you want to achieve.
- Create your plan. Write your goal.
- Set a timeline. Scheduling your work may help.
- Learn by doing. If needed, adjust your goals along the way.
- Be realistic. Clutter likely didn't accumulate in a short period of time. Be thoughtful about taking on a goal that is too ambitious.
- Share your progress during group time.

Preparing for Next Session:

- Read chapter 6 in the Buried in Treasures (BIT) book before our next session.
- Complete Homework Form for Session 5 and bring to next group.
- Bring to the next meeting an item or photo that represents some of what you collect.
- Questions? Please e-mail Suzanne at so@SuzanneOtte.com

Check-out:

- Mood rating (0-10), your decluttering goal for the upcoming week + 1 encouraging word

Sources: (1) Shuer, L. & Frost, R.O. (2014). *Buried in Treasures Workshop Facilitator's Guide (Version 5.0)*; (2) Tolin, D., Frost, R.O., & Steketee, G. (2014; 2nd ed.) *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding*. New York: Oxford University Press.