

WEEK 4:

MEET THE GOOD GUYS

BURIED IN TREASURES:

SUPPORT GROUP FOR HOARDING & CLUTTER



CLUTTER IS A WEIGHT THAT HAS BUILT ON TOP OF YOU SO GRADUALLY, YOU DON'T EVEN REALIZE ANYMORE THAT THIS IS HOLDING YOU DOWN.

Mary Johanson (www.maryorganizes.com)

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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 with a 5 minute break.
- ▶ Cell phones should be set to silent or vibrate; important calls will be taken outside of the room (or off camera).
- ▶ Please be on time. Contact Suzanne (so@SuzanneOtte.com) for absences or late arrivals. A voicemail may also be left at (508) 645-6883. Please be on time. Group cancellation calls will be made by noon on the day of the group.

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2026 MEETING DATES & TIMES

TUESDAY'S 4:00PM-5:30PM

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

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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:** Taking on Your Brain
- ▶ **Week 11:** Maintaining Momentum
- ▶ **Week 12:** Planning Next Steps & Celebrating Success

SESSION TO SESSION

- ▶ Slides and handouts will be distributed at each session.
- ▶ Bring book to every session. Keep handouts/notes in one place.
- ▶ Write in your book.
- ▶ Set goals!
- ▶ What steps might you take to keep up with reading and home goals?

CHECK-IN

▶ **Mood Rating:**

How are you feeling this week about your progress, 0-10?

▶ **One Sentence:**

Describe one success related to decluttering efforts.

▶ **Share Insight:**

Share an idea that has helped to motivate you as you work to declutter.

THE SIX “GOOD GUYS”

- ▶ **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 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

- ▶ Understand why you save things.
 - ▶ Create living space you can use.
 - ▶ Find your things.
 - ▶ Improve your decision-making skills.
 - ▶ Reduce acquiring and enjoy other activities.
 - ▶ Reduce clutter.
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- ▶ Which excite you the most?
 - ▶ What are you 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 week between sessions.
 - ▶ Identify the area or problem you'd like to work in/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 goal 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 (How Did This Happen?)
- ▶ Take pictures of your space(s) and date them to track progress through the course of the group. It is not required that you share your photos.
- ▶ Questions? Please e-mail Suzanne at so@SuzanneOtte.com.

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CHECK-OUT

- ▶ Mood rating (0-10)
- ▶ Your goal for the next week between sessions?
- ▶ One sentence or one word of encouragement for yourself and fellow group members?
- ▶ Next session: Tuesday, May 5th at 4:00PM