

WEEK 3:
MEET THE BAD GUYS

BURIED IN TREASURES:
SUPPORT GROUP FOR HOARDING & CLUTTER



**CLUTTER IS NOT JUST
PHYSICAL STUFF. IT'S OLD
IDEAS, TOXIC RELATIONSHIPS
AND BAD HABITS. CLUTTER IS
ANYTHING THAT DOES NOT
SUPPORT YOUR BETTER SELF.**

Eleanor Brownn

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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

▶ **Show & Tell:**

Share pictures of your space.

▶ **In One Word:**

Choose a word to describe how your 3 weeks have gone - related to your clutter - since our last session.

▶ **BIT Book:**

Share an insight from the reading that you learned from this week's assignment (Chapter 4).

THE FIVE “BAD GUYS”

- ▶ **It's not my priority:** Letting decluttering slide or letting other activities get in the way.
- ▶ **Letting unhelpful beliefs get in your way:** Perfectionism, responsibility, attachment, source of identity, memory, and control.
- ▶ **Over-thinking or confusing yourself:** Decisions are difficult because there are so many unique qualities about your items; difficult to sort and organize.
- ▶ **Avoidance and excuse making:** This is not a cause of hoarding or cluttering, but an attempt to cope with unpleasantness associated with trying to manage it.
- ▶ **Short-term payoff:** These are coping activities that don't promote success. Short-term payoffs have long term costs.

BALANCE OF CHANGE SCALE (PAGE 37)

Reasons to Change

- ▶ Clutter is hurting my social life.
- ▶ All of this clutter is not safe for me.
- ▶ People would get off my back if I could improve the situation.

Reasons not to Change

- ▶ Nothing's worked before so why try?
- ▶ My clutter isn't hurting anyone.
- ▶ Acknowledging the problem would make me feel bad.

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 2 weeks 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 5 in the Buried in Treasures (BIT) book (Meet the Good Guys: Strategies for Beating Hoarding)
- ▶ 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, April 28th at 4:00PM