



Digging Out: Helping with Hoarding & Clutter

Session #2

Checking In:

- Anything in the reading that you could particularly relate to (i.e., features of hoarding that you've seen in your friend or loved one's situation)?
- As you read this week's chapters (Introduction & Chapter 1), was there anything that you learned that added to your understanding of hoarding disorder?

Digging Out Reading for Week 2:

Introduction:

- Treatments for those who accept help
- Why help is refused
- Digging Out (of countless possessions & damaged relationships)
- How the book is used:
 - Familiarizing with Hoarding Disorder
 - Harm Reduction as an approach to manage the problem
 - Beginning the task of helping your person to accept help + setting the stage for the Harm Reduction approach
 - Designing a Harm Reduction plan, gathering a team + working with person
 - Managing ups and downs of keeping a plan going
 - Guidelines to address public pressure
 - Special topics, including hoarding issues and elders, those in assisted care, or living with others who hoard

Digging Out Reading for Week 2:

What is Hoarding Disorder?:

- Defining HD
- Four features: (1) Excessive acquiring, (2) Difficulty discarding, (3) Living in Cluttered Spaces, (4) Having Significant Distress or Impairment (i.e., family, social isolation, work).

Lens of hoarding: Many uses of an everyday object (exercise)

Why people hoard ...

Digging Out Reading for Week 2:

Why ...

- Information processing difficulties
 - Attention, problems with organizing/categorizing, difficulties with decisions
- Emotional attachments to possessions
 - Personal or emotional violation if objects touched, moved, discarded
- Unhelpful beliefs about possessions
 - Beliefs about responsibility
 - Beliefs about need for protection
 - Beliefs about memory
 - Avoidance behavior

Digging Out Reading for Week 2:

Knowing if your friend/loved one has a hoarding problem:

- ✓ "No access" areas in home
- ✓ Endless talk with person about their stuff
- ✓ Difficulties throwing things away
- ✓ Acquiring too much, too often
- ✓ Home and personal space is full of clutter
- ✓ Inability to sort, organize, or make decisions about items
- ✓ Inability to function safely or comfortably in space

Check your hoarding disorder knowledge:

1. What is hoarding disorder primarily characterized by?

- A) Enjoying collecting memorabilia for fun
- B) Persistent difficulty discarding possessions, regardless of value
- C) Stealing items from others to keep
- D) Frequent shopping for new items

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Check your hoarding disorder knowledge:

2. Which of the following is a common consequence of severe hoarding?
 - A) Improved social relationships
 - B) Clearer living spaces
 - C) Unsafe or cluttered living conditions that limit use of rooms
 - D) Increased income from selling items

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3. Hoarding disorder is classified in the DSM-5 as:
 - A) An anxiety disorder
 - B) A subtype of obsessive-compulsive disorder (OCD)
 - C) A distinct mental disorder
 - D) A personality disorder

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Check your hoarding disorder knowledge:

4. Which belief is often held by someone with hoarding disorder?
 - A) Items have no emotional meaning
 - B) Throwing things away is wasteful or might lead to regret
 - C) They prefer minimalist living
 - D) They have excellent organizational skills

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Check your hoarding disorder knowledge:

5. Common emotional experiences for people with hoarding include:
 - A) Joy when discarding items
 - B) Indifference toward possessions
 - C) Anxiety, distress, or indecision about discarding items
 - D) Relief when others organize their belongings without permission

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Check your hoarding disorder knowledge:

6. Which of the following differentiates normal collecting from hoarding disorder?
 - A) Collecting is always cheaper
 - B) Hoarding causes significant distress or impairment in daily life
 - C) Collectors only keep valuable items
 - D) Collectors never display their items

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Check your hoarding disorder knowledge:

7. Which treatment is considered first-line for hoarding disorder?
 - A) Electroconvulsive therapy (ECT)
 - B) Cognitive-behavioral therapy (CBT) tailored for hoarding
 - C) Long-term opioid medication
 - D) Hypnosis

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Check your hoarding disorder knowledge:

8. Which safety risk is commonly increased by severe hoarding?
- A) Reduced allergy risk
 - B) Increased fire hazard and tripping/fall risk
 - C) Decreased pest infestations
 - D) Lowered risk of structural damage to the home

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Check your hoarding disorder knowledge:

9. People with hoarding disorder are likely to:
 - A) Easily let others help declutter without distress
 - B) Experience shame and avoid inviting others into their home
 - C) Have perfectly organized storage systems
 - D) Immediately recognize their behavior as purely a lifestyle choice

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Check your hoarding disorder knowledge:

10. Which statement about causes of hoarding disorder is most accurate?

- A) It has a single known cause that affects everyone equally
- B) It can involve a mix of genetic, cognitive, emotional, and environmental factors
- C) It is caused solely by cultural influences encouraging consumption
- D) It results only from traumatic losses in childhood

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