

Buried in Treasures Clutter Reduction & Accountability Group

Week 7: Reducing Acquiring

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

"The meaning of things lies not in the things themselves, but in our attitude towards them."

(A. De Saint-Exupéry)

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:

- Slides and 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.
- Planning Next Steps & Celebrating Success

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)
- What were your victories and/or complications related to this week's homework?
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Understanding Your Acquiring

- Outcomes of the acquisition tracking exercise (pg. 111)?
- How long ago was the situation?
- By the time you got to your car (left with your acquisition) how did you feel?
- How did you feel when you got home?

Setting Rules and Asking Questions While Acquiring

- Rules can help with indecisiveness.
- Helpful to have a “reality check” in the form of a list of rules for acquiring.
- It is most helpful if your rules are created by YOU.
- Questions to discuss:
 - Under “I cannot get this unless” (pg. 112 – Setting Rules and Asking Questions) ...
 - Did anyone find any of the rules helpful? Which ones?
 - Can someone share what their inner dialogue might sound like if they were holding a wanted (but not needed) item and were trying not to acquire it?
 - Under “Here are some other examples” (pg. 113)
 - Did you have a favorite question in this section?
 - Taking a look at the example, “Will NOT getting this help me solve my hoarding/clutter problem?” Thoughts? Have you used this question before?

Creating a Non-Acquiring Hierarchy (pg. 115)

- Did you create a non-acquiring hierarchy?
- What is your biggest acquiring triggering activity? For example, for some, it may be triggering/distressing to leave behind a “treasure” found and not acquire it.

Non-Acquiring Activity (pg. 116-117)

- Who tried the non-shopping trip?
- Did you drive-by, stop and look, or actually touch items?
- Walk us through the experience:
 - How did it feel when you left your home to go?
 - How did it feel when you arrived in the parking lot?
 - How did it feel as you went in the entrance, if you did?
 - How did it feel to look at something and not touch it?
 - How did it feel to hold something you didn't want to buy?
 - Were you able to put it back down?
 - How did you feel when you got home, whether or not you had success?
- If you completed this activity, what is on your list on pg. 109 (items you brought home)?

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Alternate Activities to Acquiring (pg. 117-118)

- What activities have you come up with to substitute for acquiring?
- Where might you keep your list of activities so that you can see them and use them in the moment when you might need these ideas the most?

Non-Acquiring Help Card (pg. 120)

- Did you complete the card?
- Where might you keep the card so that it's handy when you need it?

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
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- 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 week between sessions.

- 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:

1. Read chapter 9 in the Buried in Treasures (BIT) book, "Sorting/Removing Stuff" and complete exercises.
2. Complete Homework Form for Session 8 and bring to next group.
3. 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 for the group.

NOTE: All slides and handouts are posted here:

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