

Buried in Treasures – Buried in Treasures: Support Group for Hoarding & Clutter

Week 3: Meet the Bad 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 1 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.

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Check-In:

- Mood rating (0-10)
- 1 sentence: Describe how your week has gone – related to your clutter.
- Homework: Share an insight your gained from the homework (Chapter 4 BIT).

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 the 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.

Closing discussion: Final thoughts or reflections about what we talked about today? Concerns? Take-aways?

Goal Setting: At the close of each group, we will ask each person to set a short-term clutter-related goal for this upcoming 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 5 in the Buried in Treasures (BIT) book, “Meet the Good Guys: Strategies for Beating Hoarding”
2. Take pictures of your space and date them to track progress through the course of the group. It is not required that you share your photos.
3. Questions? Please e-mail Suzanne at so@SuzanneOtte.com

Check-out:

- Mood rating (0-10)
- Your goal for the next 1 week between sessions?
- One sentence: Words of encouragement for your group peers.

NOTE: All slides and handouts are posted here:

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Sources: (1) Shuer, L. & Frost, R.O. (2014). *Buried in Treasures Workshop Facilitator's Guide (Version 2.5.0)*; (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.