

**WEEK 2:**  
**ASSESSING HOARDING & CLUTTER**  
**CHALLENGES**



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**BURIED IN TREASURES:**  
**SUPPORT GROUP FOR HOARDING & CLUTTER**

**GET RID OF CLUTTER AND YOU MAY  
JUST FIND IT WAS BLOCKING THE  
DOOR YOU'VE BEEN LOOKING FOR.**



**Katrina Mayer**

## WEEK 2 — BURIED IN TREASURES : SUPPORT GROUP FOR HOARDING & CLUTTER

### 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

## WEEK 2 — BURIED IN TREASURES : SUPPORT GROUP FOR HOARDING & CLUTTER

### GROUP COMFORT AGREEMENT

- ▶ What's said here, stays here.
- ▶ We try not to ask other group members personal questions.
- ▶ 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 brief stretch break.
- ▶ Cell phones should be set to silent or vibrate; important calls will be taken outside of the room.
- ▶ Please be on time. Contact Suzanne ([so@SuzanneOtte.com](mailto:so@SuzanneOtte.com)) for absences or late arrivals. A voicemail may also be left at (508) 645-6883.
- ▶ Group cancellation calls will be made by noon on the day of the group.

## WEEK 2 — BURIED IN TREASURES : SUPPORT GROUP FOR HOARDING & CLUTTER

### 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 weekly. Keep handouts and notes in one place.
- ▶ Write in your book.
- ▶ Set goals!
- ▶ What steps might you take to keep up with reading and home goals?
- ▶ Right away: start practicing sorting, decision making, and discarding.

## CHECK-IN

- ▶ **Mood Rating:** 0 (low) - 10 (high)
- ▶ **Show & Tell:**  
Please briefly share the item or photo you brought to group this week. What is it? Why do you like it?
- ▶ **In One Sentence:**  
Choose a sentence to describe how your 2 weeks have gone - related to your clutter - since our last session.
- ▶ **Homework:**  
How did it feel to have an assignment? Share one insight you gained from the homework.

## IS CLUTTER A PROBLEM FOR YOU?

- ▶ Review of Diagnostic Criteria of Hoarding Disorder
  - ▶ **Difficulty discarding:** Persistent difficulty discarding or parting with possessions regardless of their actual value.
  - ▶ **Strong urges to save things:** This difficulty is due to a perceived need to save items and distress associated with discarding items.
  - ▶ **Clutter:** The symptoms result from the accumulation of possessions that congest and clutter active living areas and substantially compromise their intended use.
  - ▶ **Distress of impaired functioning:** The hoarding causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
  - ▶ **Two specifiers (may or may not be present):**
    - ▶ (1) Excessive acquiring, (2) Poor insight

## DIFFICULTY DISCARDING

- ▶ Can you relate to having difficulty discarding?
- ▶ What sorts of things do you accumulate?
- ▶ Do you remember when you started having trouble letting things go?
- ▶ Do you feel like you don't have trouble letting things go but instead have trouble knowing how or where to start?

## STRONG URGES TO SAVE THINGS

- ▶ What are some of the reasons you save things?
- ▶ What feelings do you think you experience when you let the “wrong item” go?
- ▶ Do you feel good when you save something?

## CLUTTER

- ▶ Is your home cluttered?
- ▶ Do you have other spaces that are cluttered?
- ▶ How does clutter affect your life?
- ▶ How has clutter impacted other people in your life?
- ▶ Is reducing clutter one of your main goals?
- ▶ Do you always clutter or was there a time in your life that you were organized?

## **DISTRESS OR IMPAIRED FUNCTIONING**

- ▶ How stressed-out does your clutter make you feel?
- ▶ Does clutter make you feel better?
- ▶ Does clutter get in the way of relationships? Work?
- ▶ How do you think you'd feel if you had less clutter?
- ▶ What else does clutter make more difficult?

## TWO SPECIFIERS: EXCESSIVE CLUTTERING & POOR INSIGHT

### ▶ Excessive Acquiring:

- ▶ Do you feel it's impossible to stop acquiring new things?
- ▶ Where/how do you tend to acquire?
- ▶ Do you have enough space for what you bring home?
- ▶ Does acquiring help you manage stress?

### ▶ Poor Insight?

- ▶ Do you feel your problem is blown out of proportion by others?
- ▶ Do you feel you really don't have a problem?
- ▶ How would you know if you have a problem with Hoarding Disorder or too much clutter?

## CLOSING DISCUSSION

- ▶ Final thoughts or reflections about what we talked about today?
- ▶ Concerns to share?
- ▶ What are you taking away from today's conversation?

### 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 4 in the Buried in Treasures (BIT) book (Meet the Bad Guys!)
- ▶ 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](mailto: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 21st at 4:00PM