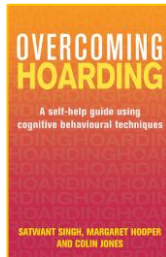


Image: Time Capsule
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Using Cognitive Behavioural Techniques
by Satwant Singh, Margaret Hooper and Colin Jones (2015)



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Hoarding Disorder

The Basics

When you are dealing with your hoarding issues here are some basic guidelines that would be helpful for you.

Time

Time is precious. We have demands on our time which often conflict with our needs and those of others. It is important to remember to make time for yourself, it is about honouring yourself. It is not selfish to think about putting yourself first. We often put others first and do not consider our own personal needs and what is important for us. Remember, the time you give yourself does not have to be huge. You can begin by allowing yourself half an hour each day to work on your issues. As you progress you will find that you may prefer to allow yourself more time. Making time for yourself will also help you to start managing your day better.

Tips

- Write down all the things that you do each day for a week.
- Draw up a schedule for all your routine activities, e.g. work, sleep, shopping; leave the gaps clear.
- Identify a period of time that you can commit to on a regular basis for dealing with your hoarding.
- Keep to the schedule, in the same way we always keep to our schedule to go to work. Keeping to the schedule will ensure that you will be consistent with doing your tasks.
- Record each day you have done it, this helps reinforce and remind you that you have made the time to deal with your issues. It will also help you have the consistency in undertaking the work you have planned to do.

Obstacles

Obstacles are common, look out for them as they can be traps and prevent us from doing what we need to do.

"I am too tired." "I don't have the time." "There is too much to do."

When you face an obstacle ask yourself how is this helping me in dealing with my problem? Break the task into smaller segments to make it more manageable.

"I don't have anyone to report to about what I have done" or "It is not important".

Tell a friend you are going to do an important job. You don't need to discuss the details and you will need to report back that you have completed the task. Being accountable to someone will motivate you to make the time.

Photograph your home

Take photographs of your home before you start. It will be a record of what your environment looked like before you started. The photographs can be an important way to record the progress you make.

Tips

- Take the photographs from the perspective that covers the biggest area.
- Take the photographs from the same location each time to ensure consistency and prevent you from distorting your progress.
- Take weekly photographs of the area you are working on to monitor changes and as a record of your progress.

Obstacles

"I'm concerned about having the photographs developed and someone seeing them."

Most cameras and smartphones take digital images that can be downloaded and stored on a computer or a disk. These images are yours and

no one can forcefully ask to see them.

"Someone might see them."

These photographs are yours and if you have them on your digital camera or smartphone you can control who has access to them.

"I don't have a computer or the knowledge to use a computer."

If you don't have a computer or the knowledge to use a computer, then access to the photographs can appear limiting, but the photographs can be stored on your camera or phone. If you have a friend that you trust, you could ask your friend to help you move them to a computer. Most libraries have computers that can be accessed for use.

"I don't want to look at them."

It is understandable that initially you may not wish to look at the photographs, but do still take them - you don't have to look at them. In time,

you may find that you would like to see what your environment looked like and compare the past and the present.

Identifying an area to work on

Before you begin you will need to identify an area that you are going to concentrate on. It is within our nature when clearing to move from one area to the next. As you are going to be dealing with the clutter, you need to identify an area where you are going to start.

Tips

Locate an area that is important to you to begin with, for example, your bedroom as it is important for you to have a clear bed to sleep on, or your kitchen as it is important to have somewhere to cook your meals in.

Once you have located a significant area, select a section within that area that you are going to work in. Work consistently in this section before moving on to another area. By maintaining your focus on this area, you will find that as it clears,

you will notice the difference and this will in turn motivate you to keep working on your hoarding issues.

Obstacles

"I am finding that as I work on the identified area, I keep doing other things or move to another area instead."

There may be a number of reasons for this. It may appear to be too difficult, you may feel overwhelmed or like you cannot cope, maybe other areas appear to be easier or more interesting.

To deal with this obstacle, keep your clearing session short and focused.

Plan to do it before doing something pleasurable or fun, e.g. before going out, having dinner, etc.

Step back and review what you have achieved so far to help remind yourself of what you have achieved.

"I am not doing enough, my room will never be clear of all the things I have in there."

Recognise that you are working in one area in a systematic way and you are gradually going to work on the whole area. Think of it as if you are doing a jigsaw puzzle and slowly but surely the puzzle will be complete.

Keep a record of how much you have done

It is always helpful to keep a record of what you have thrown out; the detail of what has been discarded is not important but the quantity can be, e.g. how many bags have you used, or how much space has been cleared?

It is normal to have good and bad days; on bad days it is often easy to feel despondent. When we feel this way, we tend to forget what we have achieved so far. Keeping a record will remind you how much you have done and how far you have come.

Tips

Keep a record on a daily basis, preferably as you go. Don't leave it until the next day, you will forget how much you have done and doubt yourself.

Obstacles

"I can't be bothered to write it down."

Take photographs of the bags you are going to throw away.

Keeping a record does not have to be a complex task. Marking the number of bags thrown out on your schedule or calendar for the specific date is an easy way to record what you have been able to do.

Be creative. You can use colour dots where each colour represents a specific number, for example, a black dot may represent one bag, or a red dot may represent five bags, that have been taken out of your environment.

Stay with the feeling

Doing things which are not part of your normal routine could cause you to feel uncomfortable and anxious. Learn to stay with the discomfort and move on and it will pass. The more we react or try to get rid of the uncomfortable feelings, the stronger they will get as you are making them more significant. By letting them be, they will pass and you will be able to recognise your ability to cope with uncomfortable feelings.

Tips

Recognise and accept the way you are feeling. Accept it as it is normal to feel uncomfortable and anxious whilst you are doing things that you would not normally do. Be in the moment and engage in whatever you are doing. Stop thinking about your thoughts and questioning your feelings and be part of what is happening around you. Put on some music or the television in the background or have a friend be with you whilst you are sorting and clearing things out.

Obstacles

"It is too uncomfortable, I can't cope with it."

Accept the way you are feeling, don't fight it and it will pass. The more you try to get rid of it, the more significant it becomes. Recall and recognise the other times when you have felt like this and survived it.

"It will never go away."

The more you engage with the feeling, the longer it will last. By having a dialogue with the feeling, you are making it more significant and pronounced and this will lead to it becoming more uncomfortable. Think of the times when it has been hot and there was nothing you could do about it and how over time you tolerated the heat.

Eliciting support

It can be helpful to elicit support from family and friends. Sometimes just being aware that you have family and friends you can talk to may be adequate. Sometimes, having their physical presence when you are dealing with your clutter can be of great value. Family and friends can provide support in many different ways from providing emotional support to actually physically helping with getting rid of things.

Tips

Speak to your family and friends and let them know what you would like from them. Let them know what support you need and how would you like them to provide that for you. Be clear and set some ground rules that would make it easier for you, e.g.

"I just need to you to be with me not doing any of the clearing", "I need you to help me take these bags to the tip or to the charity shop", etc.

Obstacles

"They will judge me."

This is a common fear that people experience, that others will judge them for the fact that their home is cluttered and untidy. In our experience, when people have explained their situation to their family and friends, they have usually been supportive.

"I feel shame."

Shame is another common emotion experienced. Remind yourself that you have not done anything wrong but are just trying to sort out your home and your life. People understand that sometimes others have problems. The fact you recognize that you have a problem and you are dealing it is often seen as a commendable act and people will respect you for being honest and dealing with a difficult problem.

"They will get rid of my things without my involvement."

Explain to them what is it that you want them to do, e.g. to be around to provide emotional support, to help with the sorting out, *etc.* Usually people do respect what you ask of them.

Putting things into practice

As you introduce new ways of dealing with your hoarding issues, it will feel unfamiliar and threatening as some of the exercises will involve you doing things differently from how you are used to doing them.

Tips

Take the risk by trying to deal with things differently. Taking risks is healthy and will help you to make changes that you feel are necessary. We learn from our experiences.

Obstacles

"I do not feel I can do it; it is not something I have done before."

Don't allow feelings to rule on what you can or can't do. Instead, go through the experience of

trying it as it will enable you to make an informed decision about whether you can or cannot do it. Ask yourself about some of the things that you do now, have they come from experiences? Look at how your experience of trying something new can help you to learn and deal with your issues.

"It feels too threatening."

Ask yourself what is threatening, and how is it threatening? Is it just the idea of trying something new or different? Ask yourself, what is the worst that could happen?

Be creative

Sometimes things do not work out as planned. When that is the case, be creative and substitute with something else that is similar. Be flexible, nothing is written in stone as to how it should be done. Each exercise is a guide, if you find you cannot do it as discussed then be flexible and improvise to do something similar.

Tips

There are many ways to do each task. There is no right or wrong way. Each of us has preferences and we like doing things in a certain way. Be bold, be creative and try doing it differently, in a way that is not familiar.

Obstacles

"I usually put my things in a black bag before I take it out. I have run out of black bags."

Use carrier bags instead, it makes no difference. Bags are just to contain the items. The colour or type of bag makes little difference.

"I can only work on my clothes."

Don't be fixated on only one type of item. Expand outwards by looking at what else is similar to clothes. Try instead to work on your towels or sheets instead of your clothes.

Celebrate each inch that you regain.

Recognise and celebrate each inch of your home that you regain and each activity you engage in. It is not easy, but start by seeing the colour in your home. The clutter has blocked out the light, the floor, walls and furnishing leaving your home dark and dull.

Tips

With each area that you complete, look at it, stand in it, feel it and celebrate what you have regained. It may be uncomfortable at first as it may feel empty, but recognise what you have got back.

Invite family and friends in and show them what you have achieved. Mark the area with something colourful to remind you what you have got back. Look at the photographs that you took before and compare to how it is now. Print them if you can and notice the differences.

Obstacles

"I have not done enough, it is too slow."

Remind yourself that it has taken sometime for your home to become like this and it will take time to get it to where you want it to be. Taking small steps is the beginning. As you get more confident, you will more able to deal with larger spaces and work through them. An inch is better than nothing.

These are some of the components of your journey that you will need to consider. These basics are important as they will help you work in a systematic way to deal with your hoarding issues. Having the basic structure will help you to deal with some of the obstacles that you will experience on the route to reclaiming your space and your life.

Notes

Notes

Get Involved!

In the next pages you'll find forms that can be cut out and sent. There are online versions on our website.



In line with the new data protection legislation, please ensure you opt-in to being contacted. You can do this on one form, or all. We will accept one as your choice across the options, or you can complete it on all relevant forms.

Volunteer!

Help us: Raise awareness, support people who hoard, deliver services, work with the media

I'm in!

Name:

Address:

Post Code:

Email:

Phone:

Mobile:

Type of Volunteering

From our Islington office:

☐ Office Support ☐ Helpline delivery ☐ Post

From our where you are:

☐ iCount! Cards ☐ Posters ☐ Leaflets ☐ Information
Packs ☐ Media (be available for radio, TV, etc) ☐ Other_____

When are you available?

☐ MonAM ☐ TuesAM ☐ WedsAM ☐ ThursAM ☐ FriAM

☐ MonPM ☐ TuesPM ☐ WedsPM ☐ ThursPM ☐ FriPM

I consent to be contacted by HoardingUK ☐ (See GDPR Statement)

Please do not contact me by: ☐ Phone ☐ Email ☐ Post ☐ Other

_____ Do not contact ☐



the UK National Charity for People Impacted by Hoarding Behaviours

Joining HoardingUK entitles you to a range of subscriber benefits!

Please note there is [eligibility criteria](#) for our iCount! Membership.

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£18.00/annum or £1.50/month

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£36.00/annum or £3/month

OpenDoor membership grants you subscriber benefits such as:

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- Monthly bulletins (online)
- Access to our [members only area](#)(online)
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- The chance to contribute your views to influence national policy
- For only £9 more admission to our [National Conference!](#)

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£72.00/annum or £6/month

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- Triannual newsletter (online and/or by post)
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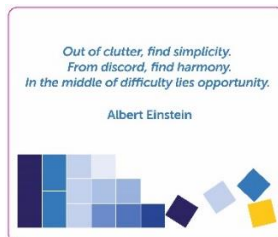
Sponsor a swearbox!

- We're asking that a donation of £20 be made to have us send the sponsored box.
- Then the coins that go into can be donated as and when.
- Item measures 9cm tall by approximately 8cm wide.
- They are ceramic and have a plug on the bottom so are easily reused.



Be inspired by our mouse mat!

- We're asking that a donation of £10 be made to have us send the sponsored mat.
- Item measures 235mm x 200mm
- 3mm, light weight, foam base with a textured, mark resist surface
- Designed not to tear or become brittle and crack
- **PLEASE NOTE DOES NOT INCLUDE PINK BORDER THIS INDICATES THE SHAPE**



All prices include VAT and shipping.

Join Now! Donate Now!

Name:

Billing Address:

Post Code:

Email:

Phone:

Mobile:

If gift or different (Shipping Address):

Post Code:

Type of Membership

☐ ICount! ☐ OpenDoor ☐ Help@Hand ☐ Corporate

Payment Amount (please note if £18 is too much, pay what you can)

☐ £18 ☐ £36 ☐ £72 ☐ £1200 ☐ Other_____

Type of Donation

☐ Swearpot ☐ Mousemat ☐ Other_____

Payment Type:

☐ Cheque ☐ PayPal.Me/hoardinguk ☐ Credit/Debit ☐ BACS

I consent to be contacted by HoardingUK ☐ (See GDPR Statement)

Please do not contact me by:

☐ Phone ☐ Email ☐ Post ☐ Other _____ Do not contact ☐



the UK National Charity for People Impacted by Hoarding Behaviours

☐ Gift Aid

In order to Gift Aid your donation you must tick the box above.

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I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Please notify the charity if you:

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the UK National Charity for People Impacted by Hoarding Behaviours

This is a Draft GDPR Statement issued prior to 25th May 2018:

What we need

HoardingUK Ltd. will be what's known as the 'Controller' of the personal data you provide to us. We only collect basic personal data about you which can include specialist types of information such as assessment details, session notes or location-based information. These have very clear lines of access e.g. administration team does not have access to clinical or assessment data. This does however include name, address, email etc.

Why we need it

We need to know your basic personal data in order to provide you with our services including newsletter dissemination, membership benefits, professional and voluntary services. We will not collect any personal data from you we do not need in order to provide and oversee these services to you.

What we do with it

All the personal data we process is processed by our staff in the UK however for the purposes of IT hosting and maintenance this information is located on secure Microsoft Office365 hosted servers. No 3rd parties have access to your personal data unless the law allows them to do so, or unless you give consent. We have a Data Protection regime in place to oversee the effective and secure processing of your personal data. More information on this framework can be found on our website.

How long we keep it

We are required under UK tax law to keep your basic personal data (name, address, contact details) for a minimum of 6 years after which time it will be destroyed. Your information we use for marketing purposes will be kept with us until you notify us that you no longer wish to receive this information. More information on our retention schedule can be found online at www.hoardinguk.org.

What we would also like to do with it

We would however like to use your name and email address to inform you of our work, events, membership, etc. This information is not shared with third purposes and you can unsubscribe at any time via phone, email or our website. Please indicate on the forms included if this is something you would like to sign up to.

What are your rights?

If at any point you believe the information we process on you is incorrect you request to see this information and even have it corrected or deleted. If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer who will investigate the matter. If you are not satisfied with our response or believe we are processing your personal data not in accordance with the law you can complain to the Information Commissioner's Office (ICO).

Our Data Protection Officer is Megan Karnes and you can contact her at megan@hoardinguk.org.
For more information please go to <https://hoardinguk.org/home/gdpr-privacy-statement/>



the UK National Charity for People Impacted by Hoarding Behaviours



Please send all completed forms to, or support or
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