

Assessment of Hoarding Behaviors and Attitudes

1= Not at all 2= Somewhat 3= Very Much 4=Always

	Client name:	Date:
u	You believe if you can think of a use for a possession, you should keep it.	1 2 3 4
u	With any possession, you think "I need this"	1 2 3 4
u	You often think "I better save this in case I need it someday"	1 2 3 4
f	You worry a lot about making the wrong decision about keeping or discarding items	1 2 3 4
f	You feel that you need to make sure every item you own is handled in exactly the right way	1 2 3 4
r	You believe that throwing things away means wasting a valuable opportunity	1 2 3 4
r	You feel responsible for finding a use for each item	1 2 3 4
r	You won't throw something away if you think someone else can use it	1 2 3 4
a	When you throw something away it feels like you are throwing away part of yourself	1 2 3 4
a	Your possessions provide you with emotional comfort	1 2 3 4

a	You love your possessions the way you love some people	1	2	3	4
i	Your possessions identify who you are	1	2	3	4
i	These items remind you of activities you hope to do someday	1	2	3	4
m	You save items so you don't have to rely on your memory so much	1	2	3	4
m	You save items because you are worried you will forget an event or person that is meaningful to you	1	2	3	4
m	You are afraid if you file something away, you'll forget about it completely	1	2	3	4
c	You get very upset when someone throws away something of yours without your permission	1	2	3	4
c	You feel more comfortable when you have control over your things	1	2	3	4
c	You believe no one has a right to touch your possessions	1	2	3	4

*Adapted from Buried in Treasures (Tolin, Frost & Steketee, 2014).

u=usefulness f=fear r=responsibility a=attachment i=identity
m=memory c=control