



**Questions About Possessions**  
Steketee and Frost  
Compulsive Hoarding and Acquiring: Workbook

1. How many do I already have and is that enough?
2. Do I have enough time to use, review, or read it?
3. Have I used this during the past year?
4. Do I have a specific plan to use this item within a reasonable timeframe?
5. Does this fit with my own values and needs?
6. Does this just seem important because I am looking at it now?
7. Is it current?
8. Is it of good quality, accurate, and/or reliable?
9. Would I buy it again if I didn't already own it?
10. Could it again if I found I really need it?
11. Will not having this help me solve (or get closer to solving) my hoarding problem?

<b>Pros of Keeping</b>	<b>Pros of Discarding</b>
<b>Cons of Discarding</b>	<b>Cons of Keeping</b>

### Brainstorming

<b>Downsizing Challenge (ex. I “need” all of my cooking magazines):</b>		
<b>Potential Solutions (DO NOT EVALUATE):</b>	<b>Pros of this approach</b>	<b>Cons of this approach</b>