

Non-Acquiring Help Card

My goals for reducing acquiring are:

1. _____
2. _____
3. _____

I want to achieve these goals because:

1. _____
2. _____
3. _____

I cannot get this unless:

- I plan to use it within the next month.
- I have enough money right now to pay for it.
- I have a place to put it so it doesn't add to the clutter.
- I am sure I truly want this and will not return it.
- Acquiring this item is consistent with my goals and values for my life.
- I have a true NEED, not just a wish, for this item.

Questions to ask yourself:

- Do I already own something similar?
- Am I buying this because I feel bad (angry, depressed, etc.) right now?
- Will I regret getting this in a week?
- Could I manage without it?
- Do I have enough time to fix/use this, or do I have more important priorities?
- Do I want it just because I'm looking at it now?
- Will *not* getting this help me solve my hoarding problem?
- _____
- _____
- _____




Figure 8.1