

## WHAT ABOUT HOARDING?

MarthaElin Mountain, Ed.D., MFT  
MEMdocMFT@gmail.com • 831.624.5773 • www.drmarthaelin.com

You may be asking,  
*“Does my full-to-the-brim closet, house, or garage  
mean I’m a hoarder?”*

### **Here are 5 questions to ask yourself to help you with the answer to this:**

1. “Do I respond *automatically* to an inner drive to acquire and save things (clothes, objects, relationships, newspapers, catalogs, junk mail, to-do lists, etc)?”
2. “Does the amount of disarray of what I have acquired interfere with my normal daily activities? Do I have to move things in order to get into a living space or to find things I need?”
3. “Do I have money problems because of my habit of acquiring so much?”
4. “Do I *overreact* when I am asked to clean out the major amount of items?”
5. “Do I *overreact* when someone starts to ‘help me’ clean out?”

### **Hoarding is about one’s sense of identity, about what makes me who I am:**

“These things I have are ‘me’; they are Who I am. Letting go of things means letting go of who I am, my identity. I can’t do that.”

### **Hoarding is often accompanied (but not always) by OCD, Depression, and ADHD.**

**(NOTE:** Each of these diagnoses is determined by very specific criteria and by the professional assessment of a licensed mental health professional, and not by self-diagnosing.)

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Recommended book: Stuff: Compulsive Hoarding and the Meaning of Things by Gail Sकेetee