

The Ultimatum: It was *never* about the stuff

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&
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Brewster, Massachusetts





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The Rock Boy Apartment



So honey, what are you bringing?

EVERYTHING.









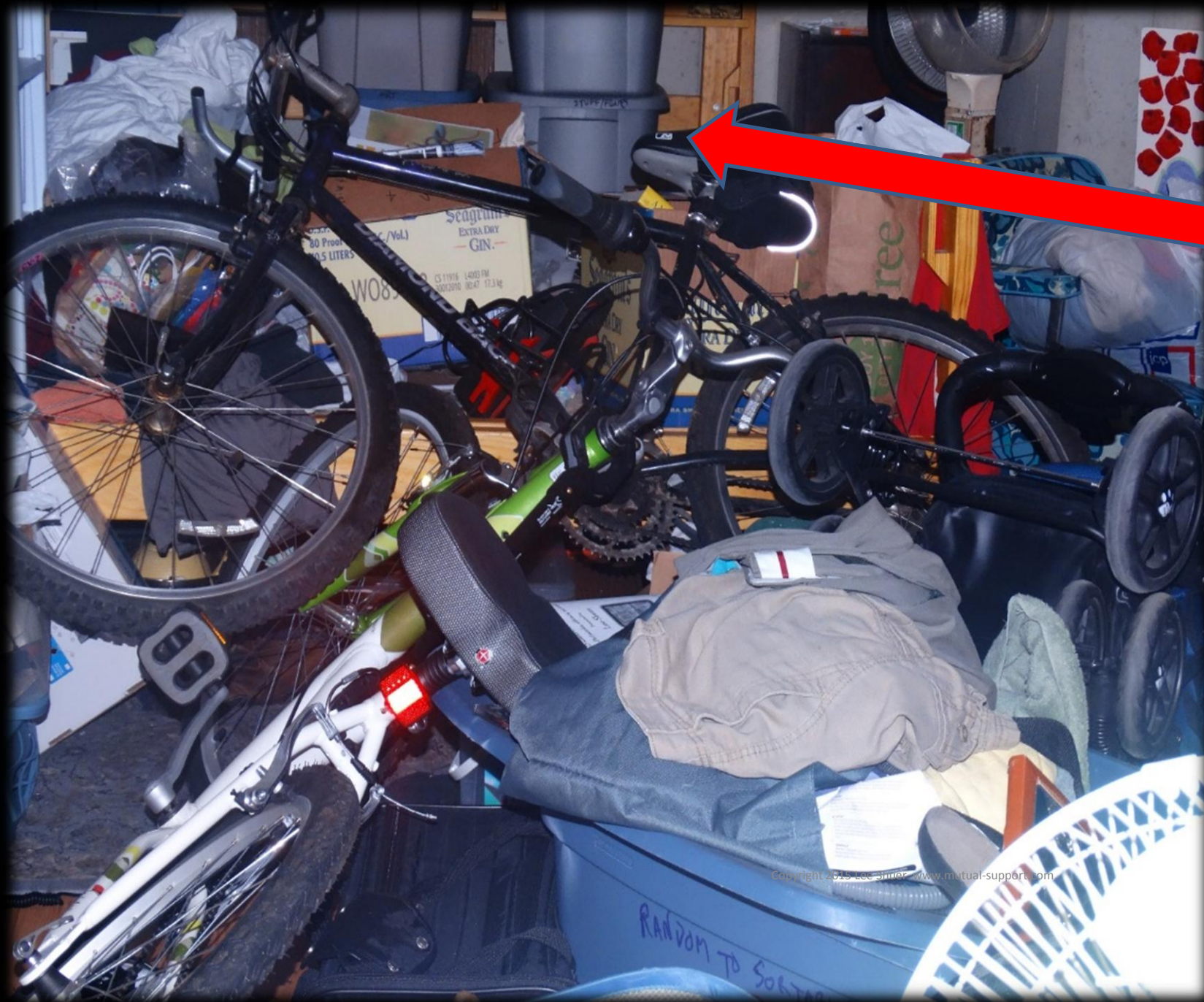


INSIGNIFICANT:

Too small or unimportant to be worth consideration, a person without power or influence, meaningless.







Art supplies in bins



Pile of clothes

NAGGING WIFE
SICK OF HIS STUFF
DIVORCE POSSIBLE

“IT’S ME OR THE STUFF!!!”

There's not enough room for me.

Can you, will you

make room for me?







CAUTION

LEE ZONE

**ENTER AT YOUR
OWN RISK**

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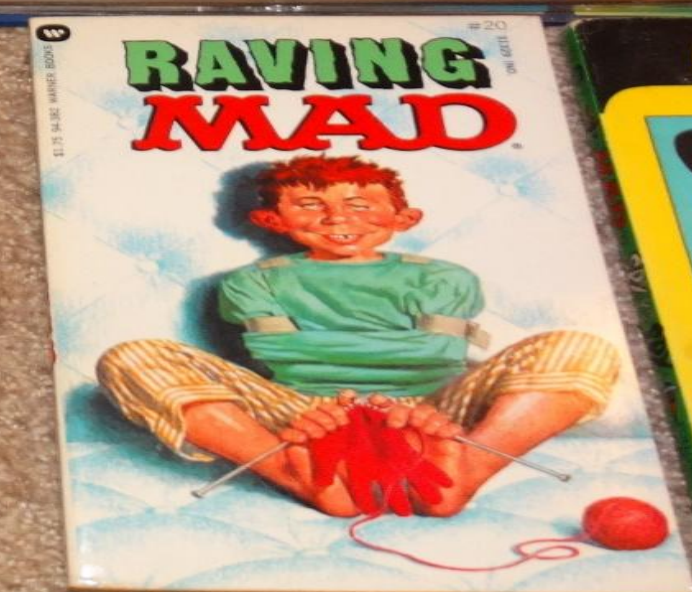








American
LAWN MOWER COMPANY



5-29-93

LIKE IT SHOULD BE

~~MADE IN AMERICA~~ KEEP DRY!



COMIC BOOKS

DO NOT OPEN WITH SHARP INSTRUMENT

LEFT



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LEON BERRY

CODE COUR

ESCAPE FROM NEW YORK

THE FIE

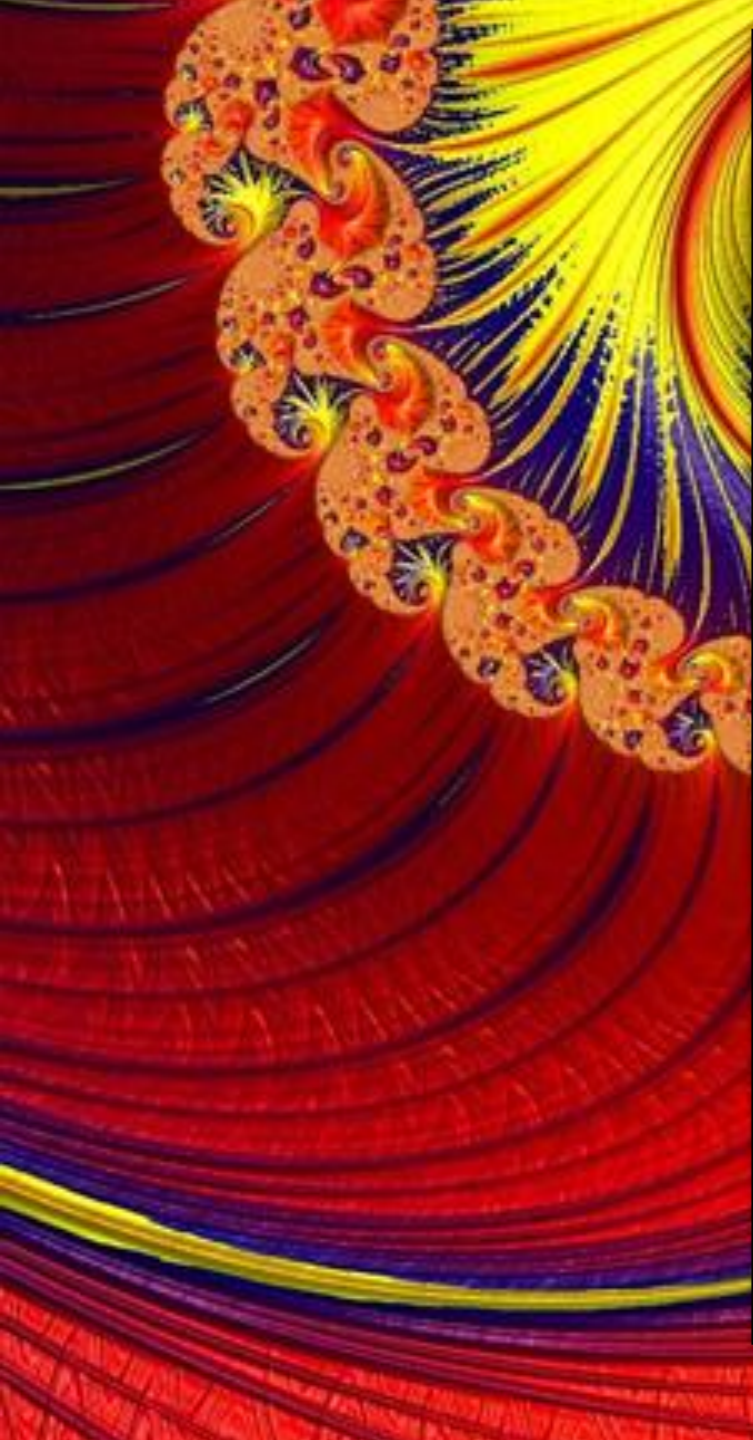
STAR TREK
THE NEXT GENERATION

OPERATION



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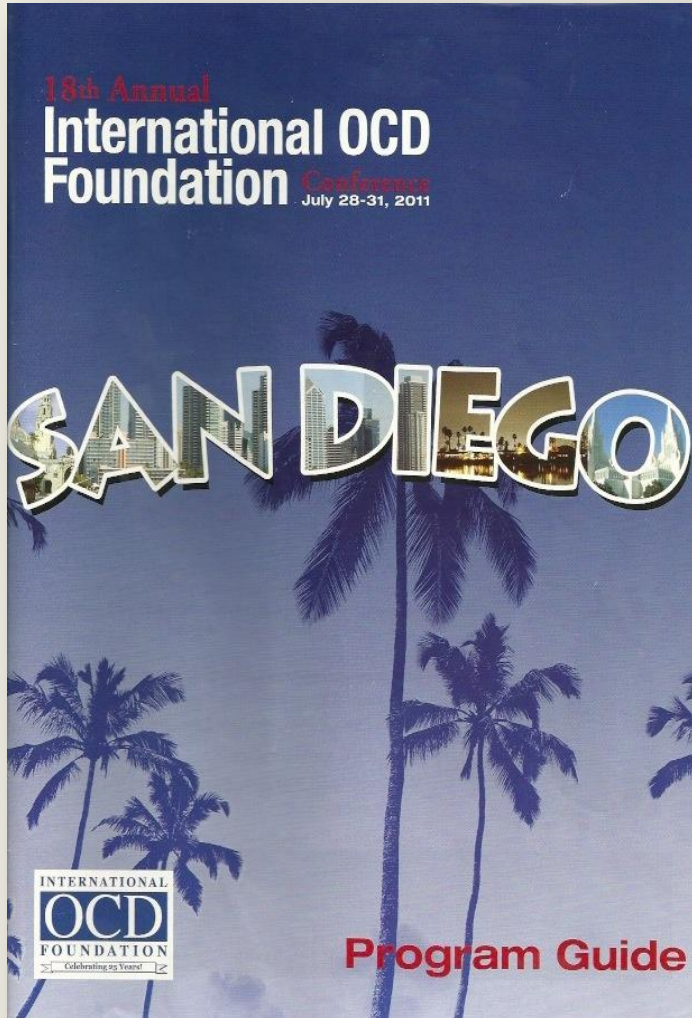
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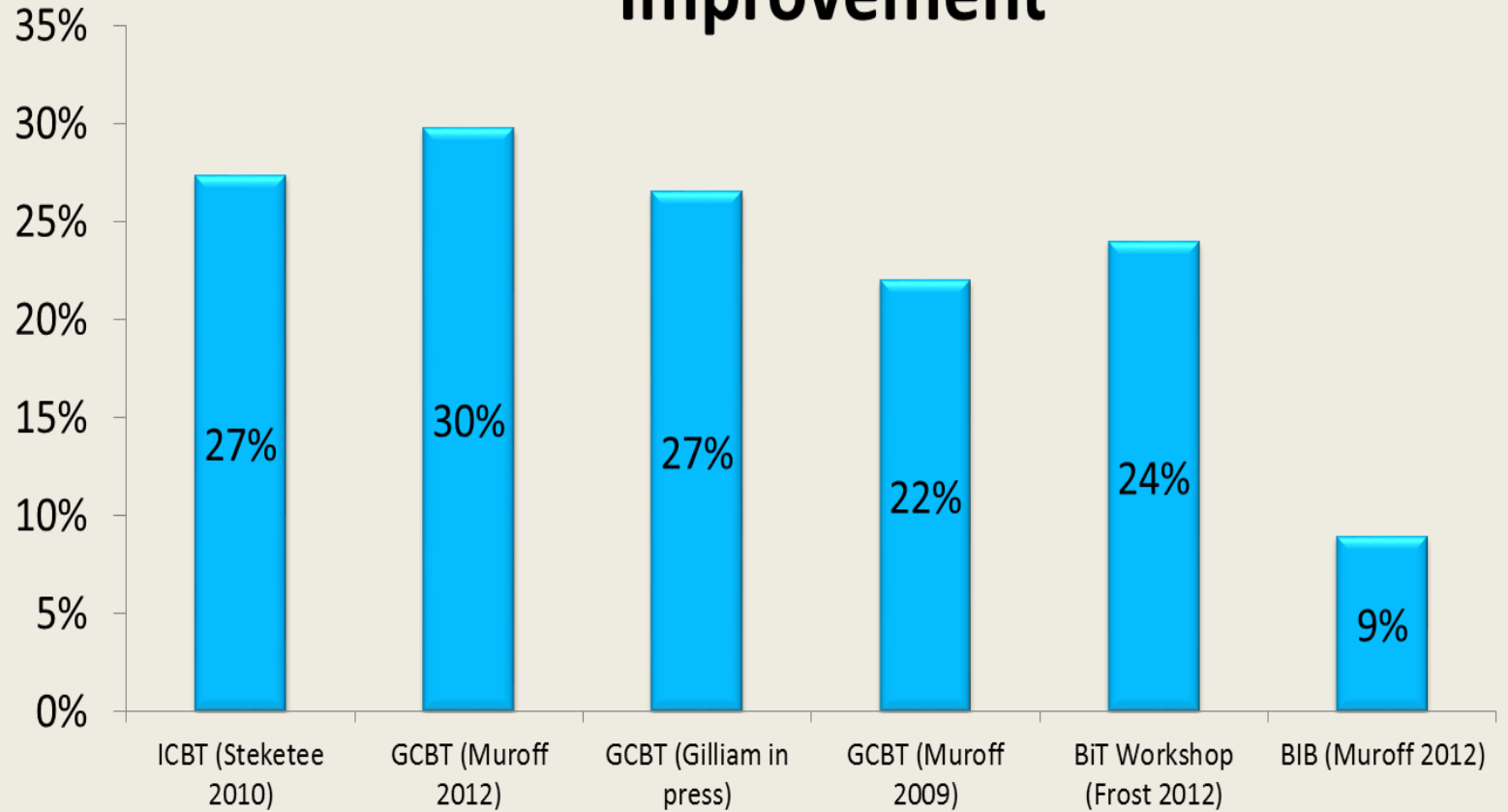
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A close-up photograph of a person's ear being touched by a hand. A white speech bubble with a blue outline is overlaid on the right side of the image, containing the text:

Pssst...I *might* know something about clutter.



Improvement



Frost, Ruby, and Shuer, (2012) The BIT Workshop: Wait list control trial of facilitated self-help for hoarding disorder. *Behaviour Research and Therapy*, 50, 661-667.

Emotional attachment and unhelpful beliefs about possessions

Problems processing information

Reinforcement

Let's break-down the **Finding/Keeping** challenge...

Behavior patterns

Clutter

Page 85, *Buried in Treasures*

I'll use my Pac Man collection to demonstrate.



Emotional attachment and unhelpful beliefs about possessions

Let's break-down the Finding/Keeping challenge...

Page 85, *Buried in Treasures*

Emotional attachment and unhelpful beliefs about possessions:

Beliefs about usefulness, waste, and responsibility

Overly creative thinking

Perfectionism

Sentimental attachment

Identity

Safety, security, control

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Beliefs about usefulness, waste, and responsibility

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Safety, security, control

Identity

Let's break-down the Finding/Keeping challenge...

Problems processing information

Page 85, *Buried in Treasures*

Problems processing information:

Attention/focus

Categorization

Decision-making

Memory

Problems processing information:

Attention/focus

Categorization

Decision-making

Memory

Let's break-down the Finding/Keeping challenge...

Identity

Attention/Focus

Reinforcement



Page 85, *Buried in Treasures*

Reinforcement for avoidance/acquiring:

Feels good to acquire an item

Feels bad to discard an item

Reinforcement for avoidance/acquiring:

Feels good to acquire an item

Feels bad to discard an item

Let's break-down the Finding/Keeping challenge...

Identity

Attention/Focus

Feels bad to discard items

Behavior patterns



Page 85, *Buried in Treasures*

Behavior Patterns:

Acquiring more
Discarding less

Behavior Patterns:

Acquiring more

Discarding less

Let's break-down the Finding/Keeping challenge...

Identity

Attention/Focus

Feels bad to discard items

Discarding less



Page 85, *Buried in Treasures*

Let's break-down the Finding/Keeping challenge...

Identity

Attention/Focus

Feels bad to discard items

Discarding less

clutter

Page 85, *Buried in Treasures*

*The Facilitator's Guide for
Leading the Buried in Treasures
Workshop* is available for free at:

www.mutual-support.com



The Buried in Treasures Workshop

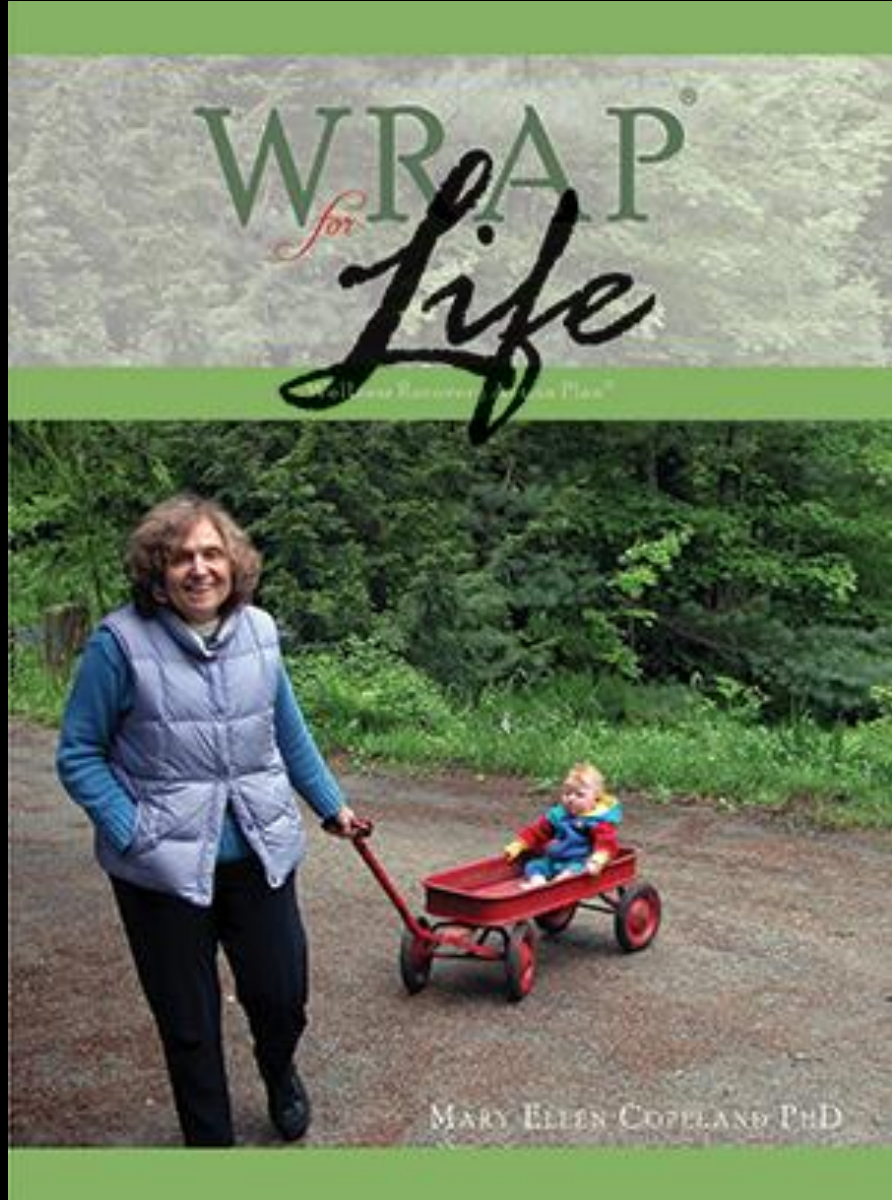
Self-Help & Empowerment
for
Finders and Keepers

Facilitator's Guide

To be used in conjunction with Tolin, Frost, & Stoleno (2014; 2nd ed.) *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding*. New York: Oxford University Press.

Lee Shuer & Dr. Randy O. Frost

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www.copelandcenter.com



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Cheers to a life less cluttered!

Mutual Support Consulting®

M

S

C

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