

## Buried in Treasures Clutter Reduction & Accountability Group

Week 9: Sorting & Decluttering – Let’s Go!

*“...that once were urgent and necessary for an orderly world and now were buried away, gathering dust and of no use to anyone.” (P. McKillip)*

### 2024 Meeting Dates & Times: Mondays 3:30PM-5:00PM

- |            |                  |
|------------|------------------|
| 1. May 20  | 7. August 12     |
| 2. June 3  | 8. August 26     |
| 3. June 17 | 9. September 9   |
| 4. July 1  | 10. September 23 |
| 5. July 15 | 11. October 7    |
| 6. July 29 | 12. October 21   |

### Group Comfort Agreement:

- We try not to ask other group members personal questions.
- What’s said here, stays here.
- Please make “I” statements, only referring to your personal experiences.
- Participation is voluntary.
- The group will begin at 3:30 PM and end at 5:00PM with a 5-minute break.
- Cell phones should be set to silent and important calls will be taken outside of the room (or off camera).
- Please be on time. Contact Suzanne ([ottemsw@gmail.com](mailto:ottemsw@gmail.com)) for absences or late arrivals.
- Group cancellation calls will be made by noon on the day of the group.

### Session to Session:

- Slides and handouts will be distributed at each session.
- Bring book to each session. Keep handouts and notes in one place.
- Write in your book
- Set goals!
- Practice sorting, decision making, and discarding.

### Syllabus:

#### Week 1:

Introduction & Getting to Know the Group

#### Week 2:

Assessing Clutter and Hoarding Challenges

#### Week 3:

Meet the Bad Guys

#### Week 4:

Meet the Good Guys

#### Week 5:

How Did This Happen?

#### Week 6:

Enhancing Motivation

#### Week 7:

Help with Reducing Acquiring

#### Week 8:

Sorting & Discarding Preparation

#### Week 9:

Sorting & Discarding – Let’s Go!

#### Week 10:

Taking on Your Brain

#### Week 11:

Maintaining Momentum

#### Week 12:

Planning Next Steps & Celebrating Success

### Check-In:

- Mood rating (0-10)
- 1 word: Choose a word to describe how your 3 weeks have gone – related to your clutter – since our last session.
- Homework: Share an insight from the reading that you learned from this week’s assignment (Chapter 8: Reducing Acquiring)

## **Buried in Treasures Clutter Reduction & Accountability Group**

### **Week 9: Sorting & Decluttering – Let's Go!**

#### **Setting Goals and Choosing a Place to Start (pg. 146-147)**

- Who completed the exercise on pg. 147 (picking up an object and moving it to its final location)?
- Which Bad Guy or Good Guy came up for you during the exercise?
- How did it feel to really put something away or let it go?
- If this was difficult, how did you make yourself feel better?

#### **Decision: Keep or Let It Go? (pg. 148-149)**

- Choosing a set of questions to help determine whether to keep, acquire, or discard an item represents a big milestone?
- Were there specific questions on pg. 148-149 that spoke to you?
- Have you had success with one of more of these questions? How?
- Has this process gotten easier with practice?
- How would you describe your inner conversation you have with yourself using these questions compared to how you approached this task before?
- What is the OHIO rule and how might it help you?

#### **Rules for Letting Things Go (pg. 149-150)**

- For items that still cause decision-making trouble, using rules to let things go can help. Why is this so?
- Are there rules in the bottom of pg. 149 that may help you?
- Do you have different rules for different categories of items?
- How might a rule like “Do I have room for this item?” be helpful?
- Does it help you to make choices based on your priorities?
- Did you have success with this skill this week?
- Did anyone let something go that made them feel bad? Did it get better or worse with time?

#### **Experimenting with Letting Go (pg. 152-154)**

- Did anyone complete the exercise on pg. 152-154?
- How difficult was it to choose an item?
- Will you be willing to try this again as you continue to let items go?
- Did it give you a new way of looking at attachments?

#### **Hierarchy List (pg. 155)**

- We want you to start building on your distress tolerance by working on letting “easier items” go first then working up to more difficult ones. How might the Hierarchy Form on pg. 155 help?
- Would anyone like to share their list?

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### **Goals of the Program:**

1. Understand why you save things.
  2. Create living space you can use.
  3. Find your things.
  4. Improve your decision-making skills.
  5. Reduce acquiring and enjoy other activities.
  6. Reduce clutter
- 
- Which excite you the most?
  - What are your priorities?
  - Which do you think will be most difficult?

**Goal Setting:** At the close of each group, we will ask each person to set a short-term clutter-related goal for the 2 weeks between sessions.

- Identify the problem or area you'd like to work on. Be specific.
- Define what you want to achieve.
- Create your plan. Write your goal.
- Set a timeline. Scheduling your work may help.
- Learn by doing. If needed, adjust your goals along the way.
- Be realistic. Clutter likely didn't accumulate in a short period of time. Be thoughtful about taking on a goal that is too ambitious.
- Share your progress during group time.

### **Preparing for Next Session:**

1. Select a goal to sort/discard for the week.
2. Bring in 3 small items for next week (1 "easy" item, 1 "medium difficulty" item, and 1 "difficult item". We will practice decision making and you'll have the option to conduct a behavioral experiment (to be explained in session).
3. Take pictures of your space and date them to track progress through the course of the group. It is not required that you share your photos.
4. Questions? Please e-mail Suzanne at [ottmsw@gmail.com](mailto:ottmsw@gmail.com)

### **Check-out:**

- Mood rating (0-10)
- One sentence: Words of encouragement for your group peers.

**NOTE: All slides and handouts are posted here:**

<https://www.southshorecrc.org/hull2024>