Contents

Chapter 1 Introduction *1*

Chapter 2 Assessment *9*

Chapter 3 Your Hoarding Model *27*

Chapter 4 Planning Your Treatment *37*

Chapter 5 Problem Solving and Organizing *45*

Chapter 6 Practicing Sorting *59*

Chapter 7 Changing Beliefs: Thinking Your Way out of the Hoarding Box *67*

Chapter 8 Reducing Acquiring *81*

Chapter 9 Preventing Relapse *91*

Appendix: Forms *105*

About the Authors *149*