CLÍNICA VIVALDI · FREE SHEET · OBSESSIVE-COMPULSIVE AND RELATED

Hoarding disorder

Persistent difficulty getting rid of objects, even if they are of no value, because of the need to keep them. The accumulation even prevents the use of the spaces of the house.

COMMON SIGNS

- Keeping useless items
- Intense distress when throwing things away
- Rooms that can't be used

TIPS FOR YOU

1. Start with a small area and decide on the spot
2. Apply the "one in, one out" rule
3. Seek non-judgemental help; confrontation doesn't work

FOR FAMILY AND FRIENDS

1. Don't throw things away without their permission: it causes more anxiety
2. Offer to help sort out a small area together

WHEN TO ASK FOR HELP

1. If there is a risk of fire, falls or hygiene problems
2. If the person lives in isolation

TO OBSERVE AND NOTE DOWN

☐ I find it very hard to throw things away, even if I don't use them

☐ I feel I'll need them some day

☐ Thinking about getting rid of things distresses me

☐ There are rooms in my home I can't use

☐ I acquire things I don't need

☐ I'm embarrassed when people come to visit

☐ I have had conflicts because of the clutter

☐ The clutter is a risk (falls, fire, hygiene)

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-acumulacion
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112