Hoarding Behaviors Tracking Log

This tool is designed to assist you in monitoring and understanding your hoarding behaviors, providing you with valuable insights. Hoarding can be a challenging and complex issue, but by keeping track of your behaviors, triggers, emotions, and progress, you can gain a deeper understanding of your patterns and work toward creating positive change.

By using this tracking log, you will have a structured format to record important information related to your hoarding behaviors. This includes detailed descriptions of your behaviors, triggers that contribute to the hoarding, thoughts and feelings, items acquired, organization attempts, duration and frequency, consequences, coping strategies, reflections, and goals for improvement.

The purpose of this log is not to judge or criticize, but rather to provide you with a comprehensive view of your hoarding behaviors, helping you identify patterns, triggers, and potential areas for intervention. Through consistent tracking and reflection, you can develop greater self-awareness and gain insights into the underlying factors that contribute to your hoarding tendencies.

Remember that hoarding behaviors can have a significant impact on various aspects of your life, including your physical and mental well-being, relationships, and living environment. This tracking log aims to support your efforts in reducing the negative effects of hoarding and developing healthier habits for managing possessions.

Note the date and describe the hoarding behavior. For example, excessive acquisition of items, difficulty discarding or organizing possessions, etc. Identify any triggers that contributed to the hoarding behavior. For example, stress, anxiety, loneliness, etc. Write down the thoughts and feelings you experienced before, during, and after the hoarding behavior. For example, feeling overwhelmed, a sense of relief, guilt, and so on. List the items you acquired during the hoarding behavior. Record any attempts you made to organize or declutter your possessions. Note any challenges or difficulties you encountered.

Describe any negative consequences or impacts resulting from the hoarding behavior. This could include physical, emotional, social, or financial consequences. Document any strategies or techniques you use to cope with the hoarding behavior or prevent its occurrence. For example, deep breathing exercises, seeking support from a therapist, and so on.

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Tracking Log

Date	Hoarding Behavior	Triggers	Thoughts and Feelings	Items Acquired	Organization Attempts	Difficulties or Obstacles	Consequences	Coping Strategies

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Duration and Frequency: Specify the duration of the hoarding behavior and how frequently it occurred.

Hours spent hoarding: _____

How often it happened per week: _____

Take a moment to reflect on the hoarding behavior and its effects. Consider any insights gained, lessons learned, or patterns that emerged.

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What was the most common trigger? _____

What helped you cope? _____

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