



STUFF QUESTIONNAIRE

1. Do you often feel stuck?
2. How often do you feel overwhelmed?
3. Do you feel that there's something else you should be doing but can't seem to ever get to it?
4. Are there things you keep telling yourself you'll do as soon as some other things are finished?
5. Do you ever finish those other things and actually get to the things you've put off?
6. Do you ever actually feel "caught up," as if everything on your "to do" list has been checked off?
7. Do you ever complain of being bored, or of having too much time on your hands?
8. If so, how do you address that? What do you do to fill that time?
9. Do you stop what you're doing when anyone calls and shift all your attention onto them?
10. Do you do this whether it's an emergency or just an everyday call?
11. Do you always agree to do a favor for someone, whether it's convenient or not for you?
12. If so, do you ever feel put upon or get resentful as a result?
13. Do you think that saying no makes you a bad or selfish person?
14. Is there every an appropriate time to say no? When?
15. Do you get resentful if people say no to you?
16. Do you take "no" personally—do you think they might have said yes to someone else under similar circumstances?
17. What do you do when you feel this way?
18. What's the difference between an excuse and an explanation?
19. Do you think you're often offering valid explanations for things and not making excuses?
20. Have you ever had a disagreement with someone over this interpretation?
21. Does your stuff seem to have a life of its own?
22. Do you set something down and swear it moves sometime during the night?
23. How often during a week do you misplace something you need—keys, wallet, cell phone, etc.?
24. Are you mostly upbeat, except when you think about your stuff?
25. Did you used to be upbeat, and now just feel beaten down or dejected?
26. Do you have piles of papers around but swear you can find anything in them?
27. Has anyone ever moved your stuff and you freaked out—becoming panicky or unreasonably upset?
28. Have you ever lost something that was important to you because someone confused it for trash?
29. If that has happened, do you feel partly responsible or are you the victim of someone else's mistake?
30. Do you get nervous when the phone rings?
31. Do you screen your calls?
32. Has stuff made living in your home challenging?

33. Does your stuff seem to force you into smaller and smaller living spaces?
34. Do you sleep to one side of your bed because you have a pile of stuff next to you?
35. Do you sometimes have difficulty breathing?
36. Do you spend more time looking for things than doing the things you love?
37. Is looking for things running a close second, threatening to overtake your passions?
38. Are you often just a few minutes late to get somewhere?
39. Do you tell yourself that's not a big deal?
40. Do you think that the people you love are more important than stuff?
41. If someone looked only at your behavior, would they objectively see that?
42. When you're feeling blue, do you think that shopping will get you out of your funk?
43. Does the act of buying something give you a warm-and-fuzzy feeling?
44. Have you ever said, "I'd die without _____?"
45. If you've said the previous sentence, were you talking about a person or a thing?
46. Do you often speak in absolutes (such as "I always . . ." or "I never . . .")?
47. Would you consider yourself a collector?
48. If you are a collector, do you collect more than one kind of thing (music, dolls, stamps, coins, etc.)?
49. Do you tell yourself that your collections are worth a lot of money and that's why you still have them?
50. Do you have current appraisals for your valuable objects and are they scheduled on your insurance?
51. Do you have stories for most of the things you own?
52. Do you like to tell them to your friends and family? How about strangers? Anyone who'll listen?
53. Do they find the stories as fascinating as you do?
54. Do you think you spend more time talking about stuff or about things you've done or plan to do?