



Treatment Contract

I, _____, make this promise to myself:

- I will work on my hoarding problem to the best of my ability.
- I will make beating hoarding a priority in my life, and I will work hard not to let other things distract me from this goal.
- I will work on the problem actively for at least _____ minutes/hours per day, _____ days per week.
- I will praise and reward myself when I work hard on hoarding.
- I will not beat myself up when I make mistakes, but I will renew my efforts.
- Other promise(s) you would like to make to yourself:

Signature _____ Date _____