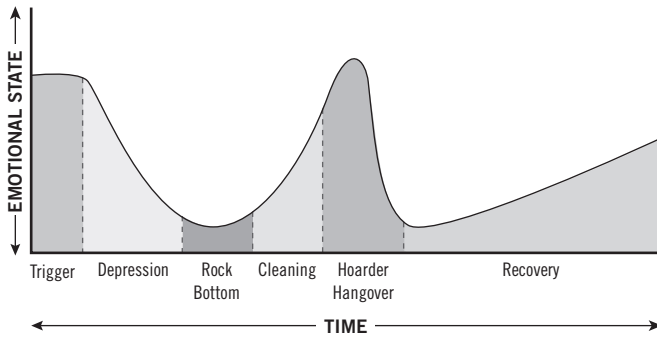


## The Emotional Roller Coaster of Hoarding



Over the years, I've had calls from clients suffering from "hoarder hang over" who are looking to understand their post-cleanup depression. I came up with this graph to show the roller coaster of hoarding. Hoarder recovery isn't a straight line—emotions will go up and down, and some stages will last longer than others. Although the hangover can be worse than the original depression, it is much easier to accept when the hoarder knows that this is a normal and often short-lived stage of the journey.

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