



Supporting a Loved One with Hoarding Behaviours

Hoarding behaviours can deeply affect relationships. Shared spaces, safety, finances and emotional connection can all feel strained.

It is common to feel frustrated, worried, exhausted or even resentful. Supporting someone does not mean ignoring your own needs.

Understanding the Difficulties of Hoarding

- Often linked to trauma, grief, anxiety or depression
- Letting go can trigger intense emotional distress
- Decision-making can feel unsafe or overwhelming
- Shame and fear increase avoidance
- External pressure usually strengthens resistance

Lasting change comes from intrinsic motivation — when the individual themselves feels ready, understood, and internally motivated to shift patterns.

How to Encourage Intrinsic Motivation

- Use curiosity instead of criticism

- Ask open questions: 'What would you like your space to feel like?'
- Reflect their strengths and past successes
- Avoid taking over — collaborate instead
- Focus on safety and wellbeing rather than aesthetics
- Recognise and affirm small steps forward

Dedicated Family Consultations

We offer one-hour specialist family consultations designed to provide structured guidance, understanding, and practical advice.

- Explore what may be driving the hoarding behaviour
- Learn communication strategies that reduce defensiveness
- Understand how to build intrinsic motivation
- Create realistic next steps without escalation
- Receive emotional support for yourself

These sessions are focused, compassionate conversations with a specialist — helping you respond with clarity rather than crisis.

Other Avenues of Support

- Encourage contact with their GP for mental health support
- Request support via a Social Prescriber
- Explore local community wellbeing groups
- Attend specialist hoarding support groups
- Seek counselling or peer support for yourself

Local Support in Reading

The Hoarding Hub runs an in-person support group every third Wednesday of the month at The Foresters Arms, Brunswick Street, Reading from 1–3pm.

Contact The Hoarding Hub

Website: www.kinspace.org.uk

Email: info@kinspace.org.uk

WhatsApp: 0330 043 5903

You cannot force change. But you can create the conditions that make change possible.