



Understanding Hoarding Behaviours

Hoarding is not laziness. It is not a failure. It is often a coping response rooted in life experience, emotion, and survival.

If you are struggling with clutter or difficulty letting things go, you are not alone — and it is okay to ask for support.

Where Hoarding Behaviours Come From

For many people, hoarding develops gradually and is linked to:

- Trauma, loss, or significant life changes
- Emotional attachment to possessions as safety
- Anxiety about needing items in the future
- Fear of making the wrong decision
- Depression or low energy making tasks overwhelming
- Neurodiversity (ADHD, autism) affecting organisation and executive function

What's Happening in the Brain

Letting go of items can activate the brain's threat system. The distress can feel intense and very real — even if others do not understand it.

Keeping items can feel protective. Discarding can feel unsafe.

Our Trauma-Informed Support

At Kind Space, we provide trauma-informed, person-centred hoarding support.

- Non-judgemental guided decluttering sessions
- Therapeutic conversations during sorting and decision-making
- Emotional regulation support while making difficult choices
- Collaborative pacing — no force, no shame
- Practical and emotional support working side by side

We understand that clutter is often connected to deeper experiences. We work with both the environment and the underlying emotional drivers.

Professional Consultancy

We also provide consultancy, training, and case support for professionals working with individuals experiencing hoarding behaviours.

Gentle First Steps

- Start with one small surface
- Set a 10–15 minute timer
- Focus on progress, not perfection
- Celebrate even one decision made

Get in Touch

Website: www.kindspace.org.uk

Email: info@kindspace.org.uk

WhatsApp: 0330 043 5903

You are not your clutter. Understanding your behaviour is the first step toward change.