



Compassion-Focused Conversation Prompts

Trust & Safety

- Can you tell me how things have been lately?
- What feels important for me to understand?
- What would help you feel comfortable today?

Meaning & Attachment

- What does this item mean to you?
- How does it help you?
- What might it feel like without it?

Reducing Shame

- You're not alone in this.
- It makes sense this feels hard.
- We'll go at your pace.

Small Steps

- Where feels manageable to start?
- Is there one item you feel ready to part with?
- What would a small win look like?

Regulation

- How are you feeling right now?
- Do we need to pause?

- What might make this easier?

© 2026 The Hoarding Hub. All rights reserved.