

Collecting, Compulsive Acquiring or Hoarding Behavior

	Collecting	Compulsive Shopping	Hoarding
Reason for Purchase	Able to buy/sell according to intention	Feel compelled to buy; buy more than needed; go on binges	Feel compelled to buy or save; fail to discard objects; acquire/save giveaways
Justification for Purchase	Base acquisition on the collection's needs	Can always buy more; usually do	Might need it later; items have great value, especially if free (practically irresistible) or even stolen
Degree of Control over Purchases	Selective; attend meetings/conferences with like-minded collectors	Able to prioritize, set parameters; control choices; often purchase multiples of favorites	Difficulty making decisions re: what to keep, where, how long
Intended Destination of Purchase	Integrate new acquisitions into collection	May or may not have destination	Destination not planned
Actual Integration of Purchase into Environment	Possessions organized and well maintained; exhibition of pieces may rotate if space limited	Shop and drop; or use, lose and replace; often purchase additional storage containers or units in effort to "get organized"	Grossly disorganized; randomly scattered; difficulty categorizing; Becomes clutter or health/safety hazard
Effect on Environment	Usually under control or items moved to appropriate space	Clutter interferes with purpose of the space	Clutter interferes with purpose of the space
Effect on Social Life	Willingly displayed for others; proud of acquisitions	May or may not be isolated	Social isolation, embarrassed by possessions, conditions
Effect on Finances	Budget time/money for collecting	May be in debt, often extreme; know they can't afford it	Often in debt, sometimes extreme; Insight is often lacking
Effect on Emotions	Less dependent on emotion; make more rational choices	The behavior or contemplation of its cessation impairs functioning	Delayed decision-making creates overwhelm and decision paralysis; impairs functioning
The Feel-Good Effect	Satisfied by new acquisitions	Some enjoy the hunt; others enjoy the usage	Ashamed, sad or depressed after acquiring

ICD Fact Sheet – 109
By Lynne Gilberg, CPO-CD®