Module 8: Problematic Collecting

Exercise 2: The impact of collecting on my life

Answer the following questions.

When do I do most of my collecting?

1. What time of the day?

2. Is it when other people are around or when I am on my own, or both?

3. Do I create opportunities to be away from people so that I can concentrate on my collecting?

4. How much time do I spend per week on my collection?

5. How much time do I spend searching for material for my collection? How much time do I spend gathering the material? How much time do I spend organising my collection?

Am I missing out on anything?

6. Do I ever turn people down or say no to a social gathering so that I can spend time collecting?

7. Do I ever avoid picking up the phone or answering my emails so that I don't have to speak to someone and can concentrate on my collecting?

8. Have I ever forgotten someone's birthday or another special occasion because my mind was on collecting?

9. Am I avoiding developing a new relationship by collecting?

10. Is it easier to just concentrate on collecting?

11. Are my loved ones beginning to get agitated or annoyed with me?

Am I impacting on my life financially?

12. Am I finding it difficult to commit to my job or other responsibilities because of my collecting?

13. Am I struggling to pay my bills because I have lost a job due to collecting?

14. Do I have debts due to money spent on my collection?