

EVOLVE LEVEL 5 Final Test B

LISTENING 1

So to start today's show, I'm going to share a story about a friend of mine. Since this story is about a personal issue, let's call him "Bob". Anyway, Bob and I share an interest in collecting sports items – baseball cards, team jerseys, things like that. Now, I think of myself as a pretty serious collector. I have a whole room in my house devoted to displaying my favorite items, like my tickets from the World Series and the soccer ball I got Lionel Messi to sign.

But Bob takes collecting to a whole other level. His entire house is filled with boxes and boxes of sports collectibles, and I mean every room in his house and even the hallways. And it's not even like he has neat and tidy displays. Even his favorite items are just in disorganized piles. So is Bob a collector or a hoarder, which of course, is our topic of the day.

It's not an easy question to answer because there is no agreed-upon definition of hoarding. Some would say that hoarding is a mental illness, an uncontrollable need to keep things, even things of little or no value. I'm not sure that Bob would fit that definition of a hoarder. The sports items he collects have genuine value. In fact, he makes a good bit of money, selling or trading parts of his collection online. And every couple of years, he will get rid of a large part of his collection to clear out his house. So clearly he has some control over his behavior. On the other hand, I've known Bob for 20 years now, and each time he clears out a large part of his collection, he swears that this time he is going to keep his collection small. But then in a couple of months the boxes start to pile up again. Even Bob has expressed frustration about this. He really does wish he could keep his collection down to a more manageable size, but it never seems to happen.

So Bob's collection isn't an example of "uncontrollable hoarding" but at the same time he's also not 100% in control either. He's somewhere in the middle. This is the case for most people who exhibit some level of hoarding behaviour. So how can we best help people like Bob ... ?