Acquiring Form

Make a list of the types of items you typically bring into your home and how you acquired them. Think about items you acquired in the past week and record what items you acquire during the coming week. Do not include groceries or other perishable goods. Rate how uncomfortable you would feel if you didn't acquire this item when you saw it.

Item and where you typically find it	Discomfort if not acquired (0 to 100)
_____	0
_____	0
_____	0
_____	0
_____	0
_____	0
_____	0
_____	0
_____	0
_____	0
_____	0
_____	0
_____	0

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