



- My collecting has a positive effect on my romantic and familial relationships; both sexually and emotionally. (*Relatedness*)
- My collecting gives me control in my life. It makes me feel like I can make decisions and I have a say in what I do. (*Excellence in Agency*)
- My collecting gives me knowledge. It makes me feel like I'm intelligent and that I know things. (*Knowledge*)
- My collecting makes me feel like I belong to something. I feel like I'm a part of a club or a group. (*Community*)
- My collecting makes me feel good. I get pleasure from collecting. (*Pleasure*)

You have just identified what needs the collecting is meeting for you.