


A woman in a bright pink dress is sitting on a red, curved bench. She is wearing pink high-heeled shoes. In front of her on the floor are several shopping bags of various colors and materials, including white, brown, red, and gold. The background is a bright, out-of-focus indoor setting with a large window.

How to Help a Shopaholic?



Compulsive shopping is an uncontrollable need to overspend in order to compensate for feelings of depression or anxiety, or to boost self-esteem. Shopping addiction has some things in common with alcoholism, compulsive gambling and overeating.

In my opinion the most difficult thing to do to get rid of this obsession is to recognize it. A There is a small test for determining the compulsive buying disorder.

1. You have many unopened items in your closet?

a)Yes b)No

2. You often purchase things you don't need or didn't plan to buy

a)Yes b)No

3. You feel happy when buying

a)Yes b)No

4. Purchases are followed by feelings of remorse

a)Yes b)No

5. You try to conceal shopping habits

a)Yes b)No

6. You feel anxious on days you don't shop

a)Yes b)No

If you have more "Yes" answers , you are a compulsive shopper.

How to get rid of shopaholism

Find a new activity



- **Remove temptation.** Try to limit shopping trips and go only when necessary.

- **Have only enough money on yourself to buy what you need**
- **Ask for help.** You can ask a friend or family member.



- **Make a shopping list and buy only what is on your list.**



- **Avoid the use of credit cards and and replace them with cash.**



- **Avoid things like online stores or TV shopping channels.**



- **Keep track of your spending**



Thank you for attention

