

# How to Identify a Shopaholic?

*Prepared by Alyona Mazur,  
a student of MFL-12*

A person who relieves stress by shopping, could be called a Shopaholic. It really is quite normal mental condition of the person. But if he comes into the store and starts buying everything, necessary and unnecessary things, then this is a serious problem, which needs to pay attention to.

Here are a few ways to distinguish a normal person from a shopaholic.



1. The desire to visit the store without a specific purpose. Often, this shopping trip is called the "anti-stress". If a man went to the store without a pre-written list of the necessary purchases, he is required to spend in the store all the money and bought many unnecessary items. Often then "aggressive buyer" regrets about the purchase of purchases, but can not do nothing, and usually just doesn't want to.



2. Purchased things lose their meaning after a week, new things are not appreciated. Because for a buyer the process is important, and the result is devalued in a matter of days.



3. Shopping, for people perceived as dealing with stress. They believe that in this way they rest and gain strength. But unfortunately, they only briefly distracted from their real problems, which remain unresolved. Often such buyers purchase things "just in case", "in reserve". And in the end, new stuff turns into junk.





# Good advice

It is better to get rid of these symptoms together with a psychologist, but if you do not have time and desire to go try to understand everything yourself and answer the following questions:

- When choosing a product ask yourself the following questions — do I have something similar? Do I need this thing? What can I wear to match? Why am I supposed to get easier after the acquisition of this thing?

~~SALE~~

- Do not blindly buy things at a discount they can be obsolete or with marriage, often such things are of a specific color. Do not believe blindly at the magic word "discount".
- Going to the store you need to clearly understand the goal, clearly understand what you are going for and how much are willing to spend on this product. Make a shopping list.





- Write down expenses, analyze competently save. If you can keep your budget under control, you will probably spend less money on unnecessary things. Give preference to quality things. They cost more, but last longer.
- Fight with stress real methods - sports, hobbies, recreation, but not shops. A shopping trip does not heal you. You just forget about your problems a little, but soon you remember them again. And in the end, you get into a vicious circle.



Follow these rules and everything  
will change for the better!!!