

How to identify a shopaholic

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Shopaholism – is one of the problems of the modern society. Many people enjoy shopping, they do it ‘to fun’.



These people don't go shopping only when they need something, such as food or tools. As they shop, their brain releases endorphins. Not long ago these people become addicted.

The main causes of shopping addiction:



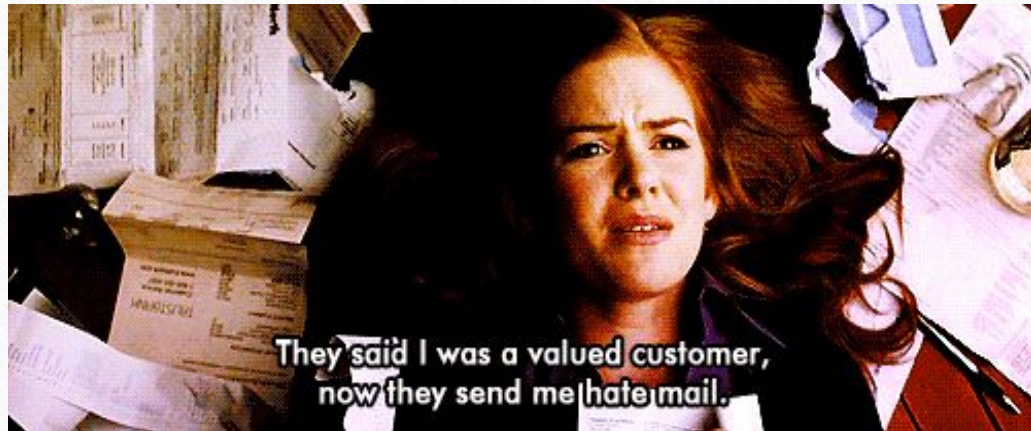
- The wish to achieve a certain appearance that will bring about happiness
- The shopping is associated with a feeling of happiness.
- The shopping is the way of coping with stress.
- A person have emotions of loneliness, depression.

How to identify a shopaholic?

A compulsive buyer feels disappointed, angry or scared. He or she often have arguments with others about his or her shopping or spending habits. Shopaholics try not to buy with cash.



Also addicted people feel lost without credit cards. Most of them feel a rush of euphoria and anxiety when spending money.



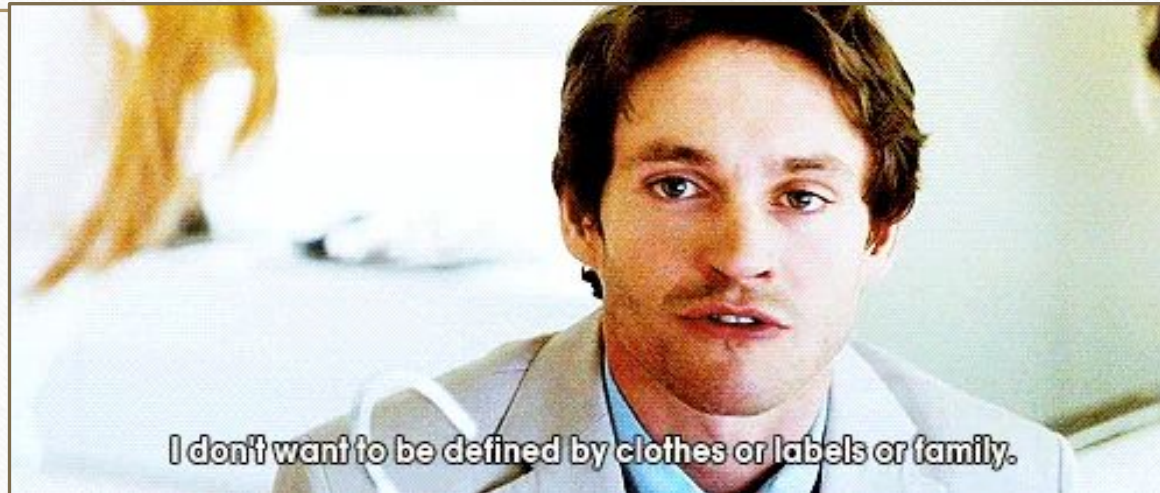
Nevertheless compulsive shoppers can feel guilty, ashamed, embarrassed or confused after shopping. Furthermore they lie to others about purchases they have made or how much money was spent.

Too many people are addicted to shopping. Shopaholics give in to their passion, but after spending money they feel depressed and ashamed. If you find out the symptoms of shopaholism you should to nip in the bud this problem until it's small.



According to Ruth Engs from Indiana University, some people develop shopping addictions because they essentially get addicted to how their brain feels while shopping. So you should try to find positive emotions in hobby or physical activities.

If you overspend you should think it over. Do you really need all these purchases? The situation could be improved if try to shop only for necessities.



We have too many recourses to improve your life and shopping addiction isn't one of them.