



How to Identify a Shopaholic?

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THERE IS AN ADDICTION THAT HAS DESTROYED THE LIVES OF MILLIONS OF PEOPLE, SUCKED UP BILLIONS OF POUNDS AND RUINED THOUSANDS OF RELATIONSHIPS. IT IS THE MONSTER OF CONSUMER SOCIETY, YET IT IS NOT WIDELY KNOWN. IT HAS A NAME: **SHOPAHOLISM.**



Shopaholism – is one of the problems of the modern society, spread in the last ten years. Many people, especially women, enjoy shopping, they do it to pass the time or to get pleasure.

To my mind, shopaholism is becoming a global problem, it can be compared with alcoholism, smoking and drug abuse.




How to Recognize a Shopaholic

Identifying if someone is affected by a shopping problem can be achieved by referring to the signs listed below. Manifesting four or more of these behaviors possibly points to shopaholism:

- Spending over your budget
- Buying more than what is needed
- Keeping the excessive buy a secret from friends and family
- Returning bought items because of guilt
- Alienating relationships due to a shopping preoccupation
- Preferring the use of credit cards to cash
- Shopping in order to eliminate feelings of anger, depression or loneliness
- Arguing frequently with other people about your shopping habits
- Experiencing guilt and shame after a spending spree
- Mulling over money matters
- Delaying paying bills and opening new credit accounts to allow more shopping

Steps You Can Take to Help Someone With Compulsive Buying

- When you recognize that someone is dealing with shopping addiction, several measures are available to help manage the disorder. Your presence and advice are very important during the whole process, especially when you're a parent trying to assist your teen in overcoming addiction. The road to recovery isn't an easy path, which means patience is needed.



I'M NOT A
SHOPAHOLIC,
I'M HELPING
THE ECONOMY



Thank you for your attention! ♥