



HOW TO IDENTIFY A SHOPAHOLIC?

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Who is shopaholic?



Person which is characterized by obsession with shopping and buying behavior that causes adverse consequences.

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.



1: Spending over your budget



2: Buying more than what is needed



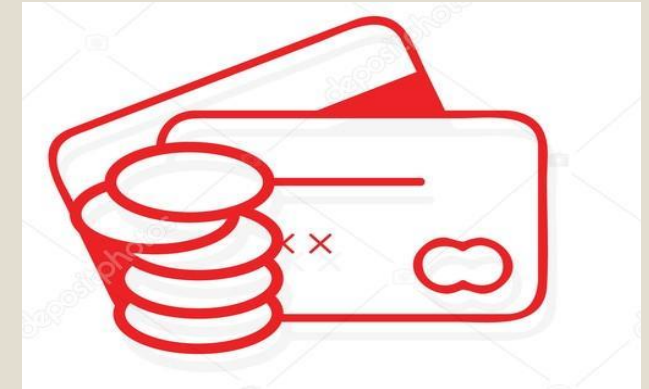
3: Keeping the excessive buy a secret from friends and family



4: Shopping in order to eliminate feelings of anger, depression or loneliness



5: Delaying paying bills and opening new credit accounts to allow more shopping



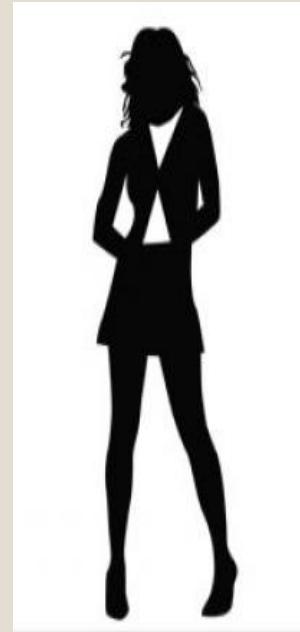
6: Experiencing guilt and shame after a spending spree



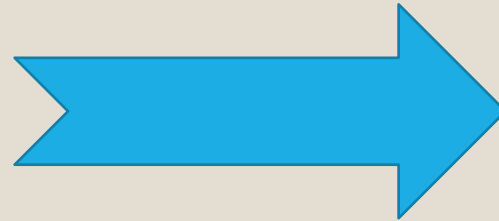
7: Arguing frequently with other people about your shopping habits



8: Alienating relationships due to a shopping preoccupation



9: Preferring to use credit cards from cash, so the sound of the passage payment underwhelming

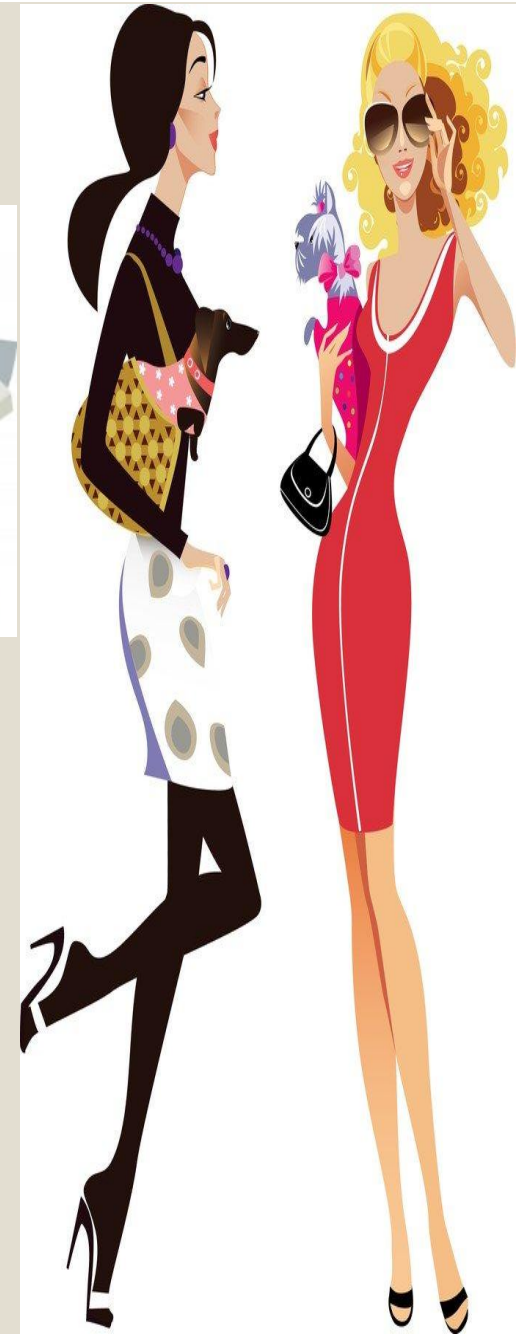


10: Return of product due to feelings of guilt



I hope you have identified less than 4 points and you're not a Shopaholic. But follow these tips:

- ✓ Take a trusted friend with you who tells you when something looks shitty on you.
- ✓ Consider what you have in your closet that you can wear with the item before you buy it. If it only goes with one or two other things, is it really worth getting?
- ✓ Before you buy, ask yourself: Do I like this item more than what I walked in the store wearing? If not, just put it down.
- ✓ Don't go shopping when you're emotional and more prone to make impulse purchases



**Thank you for your
attention!**