

# How to shop properly ?



Diana Rzhetskaya, a student of MFL-11



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.**

## I HAVE 3 QUESTIONS FOR YOU:

- Do you buy things you want, whether or not you can afford them?
- Do you buy things to cheer yourself up or to reward yourself?
- When you put off buying something you really want, do you feel deprived, angry or upset?

AND IF THE ANSWER IS “YES”, THEN YOU URGENTLY NEED TO ENGAGE IN BATTLE WITH THIS “MONSTER”

**HERE ARE FIVE STEPS YOU CAN TAKE NOW TO PUT A STOP TO  
COMPULSIVE SPENDING AND START TO SHOP PROPERLY**





# STEP ONE

**CUT UP YOUR CREDIT CARDS.** DO IT TODAY. IF YOU HAVE A PROBLEM WITH COMPULSIVE SPENDING, DESTROY YOUR CREDIT CARDS NOW. GET RID OF THE CREDIT CARDS COMPLETELY.



# STEP TWO

**CARRY ONLY CASH.** DON'T USE CHECKBOOK. DON'T EVEN USE A DEBIT CARD. INCONVENIENT? ABSOLUTELY, BUT THAT'S THE POINT. IF YOU'RE A COMPULSIVE SPENDER, YOUR GOAL IS TO BREAK THE HABIT. TO DO THIS, YOU'VE GOT TO MAKE SACRIFICES. USE CASH.



# STEP THREE



**TRACK EVERY PENNY YOU SPEND.**  
WHEN YOU ARE ADDICTED TO SHOPPING, YOU INTENTIONALLY TURNED A BLIND EYE TO HOW MUCH ARE YOU SPENDING. BUT MOST OF THE TIME, YOU ARE NOT EVEN AWARE OF HOW MUCH YOU SPENT.

# STEP FOUR

## PLAY MIND GAMES.

USE THE 30-DAY RULE TO CONTROL IMPULSE SPENDING.

ASK YOURSELF: "IS THIS A WANT OR A NEED?"

TRY TO DISCOVER WHAT IS MOTIVATING THE PURCHASE.



TAX YOURSELF: WHENEVER YOU BUY SOMETHING, FORCE YOURSELF TO SET ASIDE SOME SET PERCENTAGE AS SAVINGS.



WHEN YOU'RE TEMPTED TO BUY SOMETHING, WRITE IT DOWN. MAKE A WISHLIST IN ORDER TO CONTROL YOUR SPENDING.





# STEP FIVE

**AVOID TEMPTATION.** THE BEST WAY TO AVOID SPENDING MONEY ON COMIC BOOKS IS TO NOT ENTER THE COMIC BOOK SHOP. IF YOUR WEAKNESS IS MUSIC, STAY OUT OF THE RECORD STORE . IF YOU TEND TO SPEND MONEY AT BIG DEPARTMENT STORES, THEN STAY OUT OF THEM. AVOID THE PLACES WHERE YOU'D NORMALLY SPEND.





THANK YOU FOR YOUR  
ATTENTION!