



How to shop properly

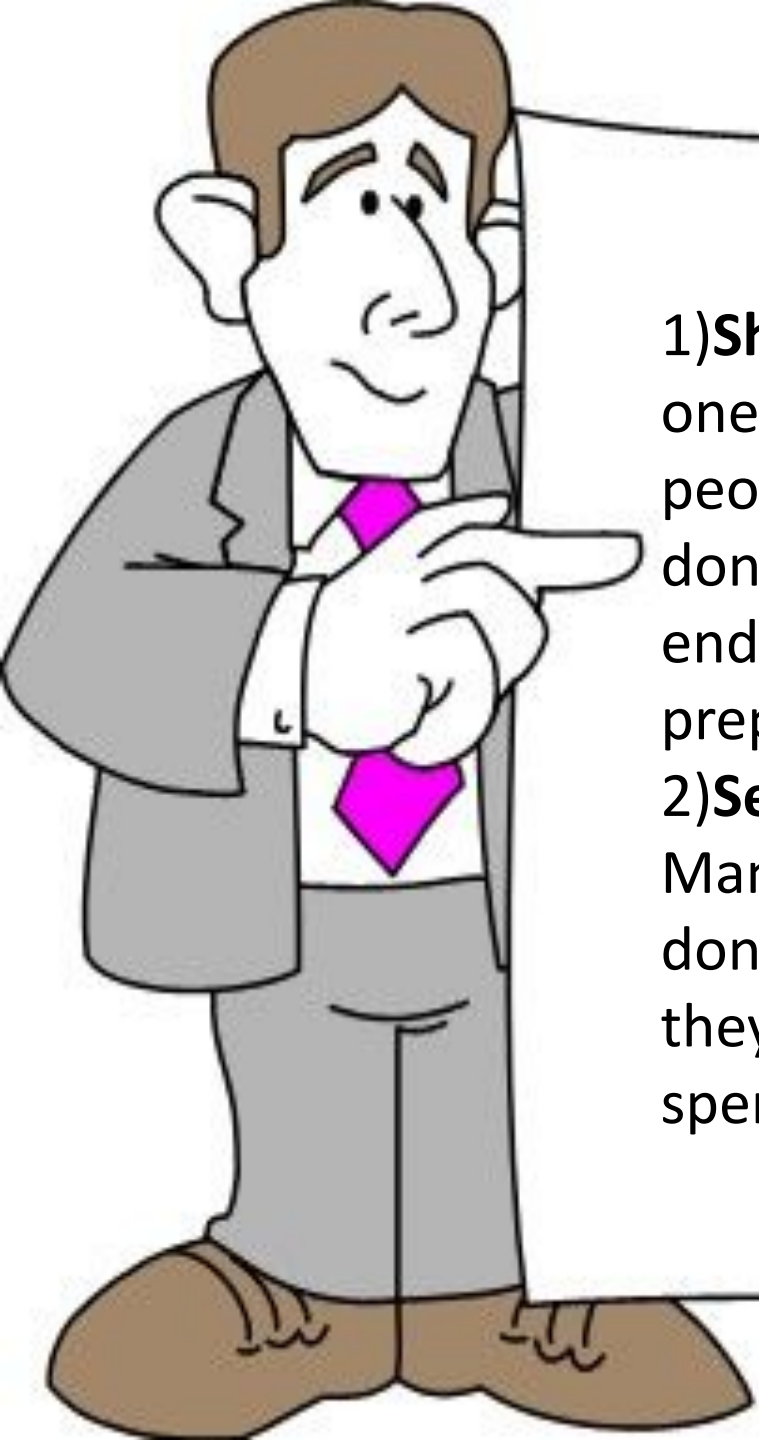


**Shopaholism** – is one of the problems of the modern society, spread in the last ten years. Many people enjoy shopping, but when shopping becomes a fixed idea, overshadowing the other interests, we can talk about psychical dependence. Shopaholism manifests itself by irresistible craving for purchasing more and more goods and as often as possible. Impossibility to buy makes the person feel discomfort and apathy.



# ***How to Shop Properly???***





1)**Shop with a list.** This is my number one tip for good reason. Many people overspend or buy things they don't want, don't need and never end up using because they haven't prepared properly.

2)**Set a budget.** This is important. Many people overspend on things they don't want, need or use because they had no parameters around their spending.

3) **Pay with cash.** The research is clear: we pay 20 – 50% more when we shop with magic plastic, whether it's using a credit or debit card.

4) **Shop alone.** Many people find that shopping partners are more similar to accomplices in crime!



**5) Don't shop when you are tired, hungry, lonely, bored or upset.** This is not an exhaustive list of the emotional states that lead some people to overshop and end up buying things they don't want or need.



**6) Ask “where will I wear this?”** Too many of us buy impulsively with no thought to what we'll do with the things we buy. Our hard earned cash and even more precious time is wasted on things that have no place in our closets, our homes or our lives.

**7) Don't buy just because it's on sale.** 'Sale' really is a four-letter word! Remember that a bargain is not a bargain if it's not you, doesn't fit correctly, you don't love it, or it doesn't fill a legitimate gap you have and is therefore a real need.



8) Self-persuasion is also an effective method of therapy. Every time before going shopping the person should tell himself aloud behind the mirror, that he has everything he needs, and he can go shopping without buying something, and he will stay in a good mood anyway.





***Thank you for attention!***



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