

How To Shop Properly

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Shopaholism: Is it a disease?

- Undoubtedly, yes. When we talk about a shopaholism, we understand that the person who is ill of this is an addictive person, or we may say “compulsive shopper”. For such person the shopping is the main way to overcome stress even though some cannot afford to and do not need to buy.



How to Identify a Shopaholic ?

There are some paragraphs which help you to identify a shopaholic



- ✓ You feel depression and sadness, and only shopping can help you
- ✓ You are crazy about buying new things which are useless
- ✓ Without cash and credit cards you feel lost
- ✓ Keeping the excessive buy a secret from friends and family
- ✓ Returning bought items because of guilt
- ✓ Arguing frequently with other people about your shopping habits

HOW TO HELP ?

- “Always remember that you are stronger than a piece of plastic that controls your life. Limit your shopping to once or twice every three months unless it is extremely urgent,” said the psychologist.



HOW TO HELP ?

- Write down a list of things that you really need.
- Never go shopping alone.



HOW TO HELP?

- Shopping addicts must find other meaningful ways to direct stress and spend time. Be creative and find something useful to do where you can get rid of your anger and stress.



The image features a teal background with a fine, repeating pattern of diagonal lines. A jagged, black cutout shape is positioned at the top, creating a layered effect. The text is centered horizontally in the lower half of the image.

□ THANKS OF YOUR ATTENTION