

# HOW TO IDENTIFY A SHOPAHOLIC?

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# Emotional symptoms of a shopping addiction

- ✓ Spending more than they can afford
- ✓ Shopping as a reaction to feeling angry or depressed
- ✓ Shopping as a way to feel less guilty about a previous shopping spree
- ✓ Harming relationships due to spending or shopping too much



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# Shopoholics buy more than they need

If you have a friend that is a shopaholic, then you understand this completely. The first warning sign should have been that they still had tags on some articles of clothing in their sacred closet. They buy more than they need. They will go down every aisle, especially on a down day, and check and see what looks cute, cool, comfy, etc. Do they need it? Yes, they need it like we all needed that Geometry class in high school.



# They wear only about 35% of their closet but will not give the rest away

Whenever they say, “I am going to clean out my closet and get rid of the stuff that I don’t wear”, don’t believe it for a second! They will sit there in the kingdom of retail store victories and come up with dozens of scenarios of when they will need everything in their closet. Everything. It doesn’t matter how many tips they take from Pinterest, it is no match compared to, “this shirt goes great with like fifty of my things... I need to keep it just in case.”



# They need someone to tell them to stop shopping

More often than not, shopaholics will bring a friend a long to keep them in check. To someone who loves shopping to a point that it is considered an addiction, they will swipe their card until it declines and they need someone to stop them when enough is enough. If you are that friend that they are bringing along, I am sorry. Also, take the last pointer I just gave, only bring cash!



# They have to leave their credit cards at home to stay out of trouble

Shopaholics can get out of control sometimes. The lucky ones catch the issue early on and only spend all the money in their back account after bills are paid. Others may have a giant credit card bill that is never going to shrink down because they can't afford or give up their sense of style.



# They are firm believers in retail therapy

Retail therapy may be the more expensive option oppose to actual therapy. Let me show you by example the different stages of a shopoholic's need for retail therapy. Great day? Lets grab some food or ice cream... or maybe a shirt! "Meh" day? Maybe a quick coffee with my best friend at little place in the mall will help. Let's look around and just check it out. Crappy/Worst day ever! It's time to change who I am so I am happier. I need to make myself better! I just got paid like last week and if that still doesn't cover the bill, I have my credit cards!



# Is There a Test or Self-Assessment I Can Do?

If you are still trying to figure out whether or not you are a shopaholic, Shopaholics Anonymous suggests that you ask yourself the following questions. If you answer “yes” to many of these questions, you may have an addiction. The questions are:

- ✓ Do you shop when you feel angry or disappointed?
- ✓ Has overspending created problems in your life?
- ✓ Do you have conflicts with loved ones about your need to shop?
- ✓ While shopping, do you feel euphoric rushes or anxiety?
- ✓ After shopping, do you feel like you have just finished doing something wild or dangerous?
- ✓ After shopping, do you ever feel guilty or embarrassed about what you have done?
- ✓ Do you frequently buy things that you never end up using or wearing?
- ✓ Do you think about money almost all the time?



**Thanks for the attention!**

