

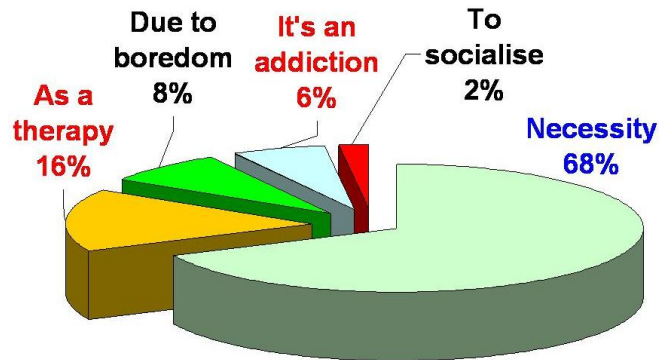
WHAT IS COMPULSIVE SHOPPING ?

We all shop for many reasons but the addict buys to relieve anxiety and over time the buying creates a dysfunctional lifestyle and more and more of their focus is on shopping and sometimes the cover-up too.

What causes it?

- Emotional deprivation in childhood
- Inability to tolerate negative feelings
- Need to fill an inner void
- Excitement seeking
- Approval seeking
- Perfectionism
- Genuinely impulsive and compulsive
- Need to gain control

WHY DO YOU SHOP?



Source: Gulf News

Types of Behaviors:

- Compulsive shoppers – shop to distract feelings; “when the going gets tough, the tough go shopping”
- Trophy shoppers – find the perfect accessory for outfits, etc. High class items will do.
- Image shoppers – pick up tab, expensive cars, highly visible stuff
- Bargain shoppers – buy stuff they don’t need just because it is a good deal. Out for the hunt.
- Codependent shoppers – to gain love and approval
- Bulimic Shoppers—buy and return, buy and return (similar to actual bulimia)
- Collector Shoppers—have to have complete or many sets of objects or different colors of same style of clothing

Suggestions for change:

- Avoid people or places which tempt you to shop/spend
- Cut up plastic; close charge accounts; rip up credit card offers and home equity applications
- Make lists before going to the store; buy what you need only – call support people, take a trusted friend
- Wait a good period of time before you make an impulsive purchase
- Ask yourself: Do I need this or do I just want it?
- Develop better ways to manage difficult emotions
- Develop fun things to do to fill in your time better
- Seek out specialized counseling, medication, support groups, read books about compulsive shopping/spending
- Be aware of events that trigger urges to shop
- Cancel magazine subscriptions or e-mail subscriptions and block certain Internet shopping sites or TV shopping channels