

# Shopping Addiction

Also known as Compulsive shopping, referring to the continued behavior of excessively shopping and spending regardless if the individual can afford it or not. Like many other addiction, the preoccupied element of the addiction, leads to problems in other areas of the individual's life.



## Signs of a Shopping addiction



## Compulsive Shopping VS Impulsive Shopping

Impulsive purchases come from an unplanned decision to purchase something you desire immediately. When it comes to a compulsive purchase, it's typically pre-planned and to deal with negative emotions. Individuals with shopping addiction may engage in both styles of shopping.

## Coping with the Addiction

Learning alternative ways to deal with negative emotions can help reduce the desire to spend money. Here are three tips to cope with a shopping addiction:

- Letting a family member handle the shopping for basic necessities.
- Limiting access to credit or cash.
- Shopping with people you trust and don't engage in impulse or compulsive shopping.