



## How to Find Help Treating a Shopaholic

Giving in to the occasional impulse buy is normal. After all, the majority of people enjoy shopping. The problem occurs when you or someone you know has succumbed to obsessive shopping. When it happens to you, a negative change in your spending habits is noticeable. For instance, you are likely tempted to dash off to the mall to buy items you don't really need. Being constantly exposed to shopping ads on TV and the Internet makes things even worse.[...]

### Understanding Compulsive Shopping

The irresistible desire to shop is known as compulsive buying disorder or oniomania. According to a research by World Psychiatry, 5.8 percent of Americans are afflicted with the disorder, with women comprising 80 percent of the total number of affected individuals. Commonly known as shopaholics, these people are overly focused on buying and suffer from disruptive anxiety that can only be relieved by shopping. People with compulsive buying disorder are also likely to have other mental issues, including mood disorders, anxiety and substance addictions. [...]

When you recognize that someone is dealing with shopping addiction, several measures are available to help manage the disorder. Your presence and advice are very important during the whole process, especially when you're a parent trying to assist your teen in overcoming addiction. The road to recovery isn't an easy path, which means patience is needed.

### Adolescents and Teens

If you are a parent or responsible adult helping out a teenager, the first step is to get the child to acknowledge the problem. You can expect the teen to deny the addiction, hence the need to be persistent. Convincing your child to open up is usually the best tactic. You can also point your teen to other activities that do not involve shopping. Exercising, jogging, reading and listening to music are just a few examples of healthy ways to keep your child occupied. [...]

A shopping addict also has trouble controlling impulsive behavior, which can be addressed by dealing with the underlying issues. Finally, the shopaholic often has a profound sense of materialism, with the assumption that affection and admiration can also be bought. A real social connection with other people helps to reduce this problem.

(Source : <http://www.psychguides.com/guides/how-to-find-help-treating-a-shopaholic/> )